

BEST FISH & CHIPS IN OTTAWA?

MERIVALE MIGHT BE IN THE RUNNING (page 30)

MIDNIGHT, OR ANY TIME, AT THE OASIS PUTTING THE 'SPA' IN YOUR SPACE (page 26)



TIRELESS MEET DESIGNER RACHEL ZOE STYLE (page 24)

OTTAWA metr

Thursday, September www.metronews.co



The new voice of OC Transpo

• Trial program of the transit system's new automated next-stop announcement system is currently in operation on 10 buses • System is scheduled to go online on most city buses on Sept. 27

In theatre school, Julian Doucet was known as a bit of vocal gymnast. He was good at disguising his voice and taking on all kinds

There is some irony, then, that it is his

normal speaking voice that passengers on OC Transpo buses will hear calling out

The 36-year-old Ottawa-raised actor, who splits his time between Ottawa, Toronto and Montreal, is Capital Ward Coun. Clive Doucet's son. But he didn't tell his parents about it until he actually got the job.

"I guess I have a voice that's ... not too high. It's not too low," he said.

With around 100 million passenger trips each year, becoming the voice of Ottawa transit will undoubtedly be one of his highest profile gigs, he said.

A TIM WIECLAWSKI



Putting a scare into Venus

Canadian takes Williams to firstset limit at U.S. Open {page 31}

iHavenobuttons

Apple introduces new iPod Nano with touch screen {page 16}

Multi-use paper

Newspapers are good for more than just reading (page 17)



Fresher Than Fresh

STRAWBERRIES

and many more in-store specials





Store Hours: Mon. to Fri.: 8am-9pm; Sat.: 8am-7pm; Sun.:8am-6pm



Coming Soon.

THE SUMMERSIDE OF ORLEANS.



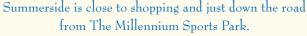




Mattamy walking and biking trails

Summerside is our newest community. It will be a vibrant addition to life in Orleans.

It will be a quiet, family neighbourhood, close to major roads and featuring its own park space, playgrounds and walking and biking trails scattered throughout the neighbourhood.





Place D'Orléans Shopping Centre



Shenkman Arts Centre

For More Information Or To Pre-Register Please Visit www.mattamyhomesottawa.com





Budweiser™ or Bud Light™ 24-bottle packs

\$33.50 including deposit

†Price subject to change. Available, while supplies last, at select Ontario The Beer Store™ locations.

metr@news: ottawa

metronews.ca
THURSDAY, SEPTEMBER 2, 2010

03

Disclosure released in assault case

The court case for a 79year-old former priest and St. Pius X High School teacher inched forward yesterday after disclosure

was released.
Ottawa lawyer Elena
Davies, appearing on behalf of Kenneth O'Keefe's
Windsor-based lawyer, Andrew Bradie, said the disclosure, which contains
the details of the charges,
was only released yesterday. The next date for the
case is Sept. 29 in Court-

room 5. The instructions for the next court date will depend on what is written in the disclosure, said Davies.

O'Keefe was arrested last month after police received a complaint of inappropriate contact between a priest and a teenage male alleged to have occurred 38 years ago.

Charged with one count of indecent assault, O'Keefe was released on a bond and is staying in Toronto with a member of his religious community.

The conditions of his release state that he is not to be alone with children under 16 or visit areas where children under 14 could be present.

O'Keefe is the second priest who taught at St. Pius X High School to be charged this summer. Rev. William Joseph Allen was charged with three counts of indecent assault in July.

• TRACE TONG





News on the move

Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D

The codes will direct your mobile browser to relevant content at

On the web at metronews.ca

Liberals set the stage for fall grudge match with Stephen Harper. Video at metronews.ca /canada



PM hints at lapsed terror provisions

▶ Hiva Mohammad Alizadeh and Misbahuddin Ahmed, both of Ottawa, and Khurram Syed Sher are charged under Anti-Terrorism Act

Lapsed anti-terror provisions — extraordinary measures the Conservative government has been trying to revive — might have been useful in the current effort to round up suspects in an alleged bomb plot, the prime minister hinted yesterday.

Federal tactics in the case have come under scrutiny after an Ottawa call-centre worker was arrested, charged with domestic assault, released and recharged, prompting his lawyer to complain it's all a ruse to buy security investigators more time.

Almost a week later, he has not been charged with a terrorist offence.

Provisions that allowed authorities to arrest and hold suspects to prevent a terrorist attack, or compel "There is some legislation in this regard that we would like to see passed."

PRIME MINISTER STEPHEN HARPER

them to appear before a judge in an investigative hearing, were once part of the Anti-Terrorism Act. The sections were intended to help stop a terrorist plot or help investigators learn more about one.

But those elements lapsed in 2007 and have never been successfully restored.

A bill that would do so died when the Harper government pulled the plug on Parliament last December. It was reintroduced in the House of Commons in April. THE CANADIAN PRESS





ONLINE / IN CLASS FRENCH LANGUAGE TRAINING FOR ONTARIO RESIDENTS ONLY

Levels: 1 to 7

Date: Monday September 13, 2010 to November 22, 2010

Time: 6 pm to 9 pm

Location and ongoing registration: 181 Donald Street, Ottawa **Duration**: 10 weeks (30 hours in class plus 30 hours online)

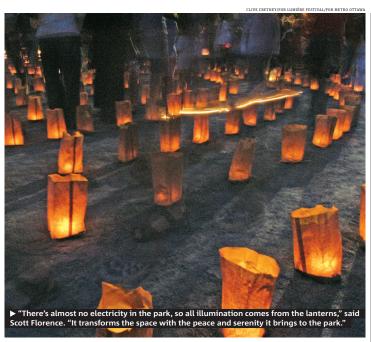
Cost: \$30.00

For more information please call: 613-741-2304 ext.3 www.educationpermanente.ca



metr@news: ottawa

metronews.ca THURSDAY, SEPTEMBER 2, 2010



Festival to light up the night

Three stages at fest showcase professional and emerging artists, including A Company of Fools, the Fireweavers, Orleans Young Players and Odyssev Theatre • Other features include a 'transformation' tent, lantern and puppet-making stations



Ottawa's most whimsical festival is back.

The month-long Lu-mière Festival culminates in the Evening of Light Celebration at Stanley Park in New Edinburgh this Saturday.

The Lumière Festival is about celebrating light, lanterns and creativity," said artistic producer Scott Florence. "It's dedicated to uncovering the light within

"People can expect to see a sight like they've never seen before."

ARTISTIC PRODUCER SCOTT FLORENCE ON THE FESTIVAL

and exploring and fostering the creative spirit and connecting community members with each other.

The seventh annual grassroots festival will feature hundreds of lanterns powered by candles and LEDs created by professional and amateur artists, all from the Ottawa area. Festivalgoers are encouraged to bring their creations to this

event.
"The appeal of a glowing light in the darkness is universal," said Florence. "The dark is something that humans have always struggled to overcome. A candle, a lantern, the soft glow in the darkness fills all of us with that sense of comfort, that sense of warmth, a sense of belonging, and a sense of universal connec-

Site for proposed trade centre lot draws fire

The giant parking lot that is Lansdowne Park is not go-ing away; it's just moving out to the airport, say critics of the proposed Capital Exhibition Centre.

Last night, the Ottawa MacDonald-Cartier International Airport asked the city's committee of adjustment to amend the zoning bylaw for a parcel of land near the airport to allow a "place of assembly" that is not an airport terminal or a hotel on that property.

That area, which is cur-rently leased to the airport, is an uncultivated forested area. The airport plans to lease that land to the Shenkman Corporation in order to build the city's new trade show centre and exhibition hall.

With so much open space already around Ot-tawa, Sawmill Creek resi-Jason Garlough questioned why land that is essentially part of the Greenbelt needed to be clear-cut for a giant parking lot. The proposed 2,000-car



parking lot on Uplands Drive is going to cause seri-Drive is going to cause seri-ous traffic issues on Up-lands Drive, the Airport Parkway and Hunt Club Road, said Bernie Geiger, an area resident and member of Transport Action Canada.

Mayoral candidate Clive Doucet said the location of the trade centre is another example of the problems with the Lansdowne Park redevelopment.

"We're going to clear-cut woods and fill in wetlands. It's an environmental and social nightmare,"

Doucet. • TIM WIECLAWSKI

Facility details

The Shenkman Corporation will lease the 28.6-acre site, located on Ottawa airport lands adjacent to the intersection of the Airport Parkway and Uplands Drive until Jan. 30, 2057.

The proposed trade show centre will have approximately 218,000 square feet of public exposition space and more than 2,000 parking spaces.

The site will also eventually have a hotel with 90

The facility is scheduled to officially open Jan. 1,

The centre is expected to cost \$39.2 million. The Ottawa Airport Authority has agreed to contribute \$1.5 million. The city of Ottawa and Shenkman are each contributing \$8.5 million, and the remaining \$20.7 million will come from a

Last chance for outdoor activities

This weekend is the last to enjoy several of the National Capital Commission's outdoor programs and activities for the season.

While this Sunday is the last that sports enthusiasts can take advantage of Sunday Bikedays, residents have until Labour Day Monday to swim at Gatineau Park and Leamy Lake; to check out the Discover the Hill outdoor interpretation program on the Hill; and to get an interpretation of the National War Memorial, the Tomb of the Unknown Soldier and the Valiants Memorial. • TRACEY TONG

Charges in vehicle break-ins

A 15-year-old male faces charges in relation to multiple vehicle break-ins in the city's west end earlier this week.

At 2:20 a.m. Tuesday, police attended the area northwest of Eagleson and Robertson roads, where residents reported youths breaking into vehicles. Three youths fled on foot.

After a short police pursuit, they arrested a teenager and recovered stolen

Police continue to seek two white males wearing black hoodies.

TRACEY TONG

Carleton research gets boost

Seventy Carleton researchers and graduate students will receive more than \$4.2 million in funding for the social sciences and humanities.

They include IT Prof. Dr. Ali Arya, who received \$50,000 for his project, which aims to create a webbased intelligent framework for 3-D avatarbased virtual environments; and Dr. Jacqueline Kennelly, who received \$76,891 for her project, which studies the longer-term effects of hosting an Olympic Games. TRACEY TONG

SURPLUS WAREHOUSE

NEW AND USED OFFICE FURNITURE

DESKS • CHAIRS • FILING CABINETS • BOOKCASES • STORAGE CABINETS TABLES • STEEL SHELVING • RACKING • COMPUTER TABLES • WORKSTATIONS WHITEBOARDS • EGAN VISUALS • HUTCHES • LOCKERS AND MORE!

613.247.4000 • 716 INDUSTRIAL AVE., OTTAWA

let's be friends. with benefits.

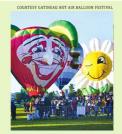


Flights of fancy

This weekend, fanciful flights soar to great heights as the Gatineau Hot Air Balloon Festival takes to the skies for its 23rd edition.

The festival, which kicks off tomorrow evening at La Baie Park, offers more than a glimpse of dozens of balloons from all over the world.

The event includes performances by Juno-award winning Canadian band Our Lady Peace and pop rockers Hedley, as well as extreme sport demos, a graffiti contest, an amusement park and a classic car exhibition.



But the biggest attraction is the balloons themselves, which include ones shaped like twin bees, an angel, a devil, a four-leaf clover, a jack-in-the-box, a ladybug, a clown, and a beagle. There are seven scheduled flights between 6:30 and 7:30 a.m. and 5:30 and 6:30 p.m., weather permitting.

Politics come out over patio addition

▶ Proposed patio would take up 22.4-metre-long section of the sidewalk on MacLaren Street ◆ Councillor says residents are concerned about noise



Citing a nearly 50 per cent drop in business during the summer, the owner of MacLaren's pub is asking the city to let him put in a patio along Maclaren Street.

Yesterday, the city's transportation committee agreed to examine the request and asked for a complete review of Ottawa's encroachment bythe law. based on procedural and administrative confusion exemplified by MacLaren's request.

This is not the first time MacLaren's has asked to set up a patio.

Bar owner Brian Karam said he's been trying to have it set up since the late 1980s.

Somerset Coun. Diane Holmes said residents living in the area are reluctant to see another patio, since they already deal with a lot of noise made by bar patrons late at night.

Karam said patio noise would not be a concern as he said the patio would close nightly at 11 p.m. and there would be no amplified sound coming from the outdoor area.

New & Hot Reads for the Long Weekend



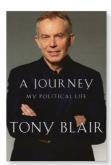
Reg \$18.50 **NOW \$14.80** irewards \$13.32



Reg \$29.99 irewards \$26.99



Reg \$26.95 **NOW \$18.87** irewards \$16.17



Reg \$40.00 irewards \$36.00



Reg \$34.99 irewards \$31.49



Reg \$19.99 irewards \$17.99

ALL Books, Buy One, Get One

50%

In-store only until Sunday.

*Offer valid from September 2nd – 5th, 2010 in store only at any Chapters, Indigo, Coles, Smithbooks, Indigospirit, The Book Company or World's Biggest Bookstore location. The buy any book and get the second book at 50% offer applies to the book with the lowest price after coupon is deducted and before everyday irewards discount is applied. Coupon must be presented at time of purchase and is not valid in conjunction with any other offer or promotion (excluding everyday irewards discount) and cannot be used to adjust amount paid on previous purchases. Coupon is valid for one-time use only on one book. One coupon per customer. Not valid online or on kiosk orders. No cash redemption value, non-refundable, does not apply towards the purchase of Indigo Love of Reading Fundraising book products or eBooks. If lost, stolen or expired, this coupon cannot be replaced. We reserve the right to change or end this offer at any time without notice.

Chapters

Indigo

COLES





News in brief

GOP now a Tea Party?

u.s. Is the tea party taking over the Republican Party in America?

The grass-roots network of voters, most with conservative views, displayed its power in its biggest triumph of the election year — toppling Sen. Lisa Murkowski in Alaska's Republican primary. Political novice Joe Miller won to become the fifth tea party insurgent to win a Republican Senate nominating contest.

It's nearly a foregone conclusion that Miller, an attorney endorsed by friends Sarah and Todd Palin, will be a senator; Alaska is a Republicanleaning state in a clearly Republican year.

There's no telling how outsider candidates who want to eliminate the Education Department or phase out Social Security retirement benefits — and who view themselves as independ-

ent of the party apparatus even as they get help from the Republican Party — would act as members of a body that's the epitome of the establishment.

THE ASSOCIATED PRESS

Ex-cop sentenced in child porn case

CALGARY. A former police officer has been sentenced to one year in jail for accessing and possessing child pornography.

Paul Roger Villecourt was arrested three years ago after U.S. officials alerted Canadian authorities. A number of graphic images were found on Villecourt's computer and police say he was downloading a video when he was arrested at his Calgary home.

Villecourt resigned from the police service weeks after being charged. He pleaded guilty to the charges back in May.

Justice Patrick Sullivan also sentenced Villecourt to three years probation.

THE CANADIAN PRESS

CHARGING

◆ The electric car is expected to grow in popularity in the next decade ◆ But where will the juice come from?

Anthony Haines looks toward the imminent arrival of the electric car with enthusiasm and apprehension

Why? As chief executive of Toronto Hydro, he has to run the wires that, in a few years, will charge up the batteries of thousands of cars across Canada's largest city. And he knows that right now, he can't do it.

"If you connect about 10 per cent of the homes on any given street with an electric car, the electricity system fails," Haines told an audience at Ryerson University in Toronto yesterday. "It basically can't handle that load."

What to do?

That's part of the reason why Toronto Hydro, Hydro One and the Ontario Power Authority have pledged a total of \$7 million over the



"You connect this huge load on the grid, and the grid simply won't handle that type of load. We need some innovative solutions."

ANTHONY HAINES,

next five years to kick-start Ryerson's new Centre for Urban Energy.

Cities suck up most of the energy consumed in Canada, but they don't produce much.

The centre will look at that conundrum, examin-

ing how urban areas can produce more energy, more cleanly; how they can use less energy; and how they can store and distribute it differently.

Recharging a car battery pulls about triple the amount of power used by a typical home, he said. Compounding the prob-

Compounding the problem, most people will want to plug in their cars after work in the early evening, which is just when household demand for power hits its peak.

The electric car is an immediate issue. The province estimates five per cent of vehicles will be electric by 2020, but some experts think it could be higher. In any case, electric vehicles will be concentrated in cities, putting a massive load on the system.



McGuinty: No rate hikes

▶ Premier urges Bank of Canada not to hike interest rates ◆ Ontario consumer prices rose 2.9 per cent in July, HST accounting for 1.3 per cent

The leader of the country's most populous province has a message for the Bank of Canada: Don't hike interest rates next week.

Canada's economic recovery is still fragile and its leaders should be careful about doing anything that would increase expenses or drive up costs, Premier Dalton McGuinty said yesterday.

"My advice to the Bank of Canada is: Just no more interest rate hikes — not at this point in time," he said.

"While we can say that the recovery has taken hold, it's not by any means a vigorous and robust recovery. It is modest."

The premier, who rarely wades into monetary policy, urged the central bank to put the brakes on any further hikes amid fears that the United States may slip into a double-dip recession.

McGuinty made the remarks from a Toronto elementary school where he

was promoting a new expense for Ontario: Full-day kindergarten for four- and five-year-olds.

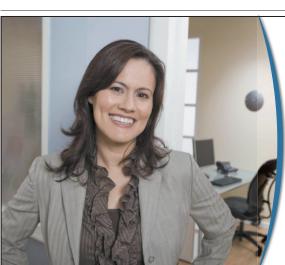
The self-described education premier announced plans last fall to forge ahead with the costly project despite the economic downturn and warnings of a record-setting deficit.

THE CANADIAN PRESS

Hike not likely

The Bank of Canada is meeting Sept. 8 to set interest rates. Currently, its trendsetting rate is 0.75 per cent.

There are doubts that bank governor Mark Carney will proceed with a further rate hike, given a recent report indicating that Canada's economy slowed in the second quarter. Statistics Canada reported Tuesday that the economy fell two per cent April-to-June, as consumers tightened their pocketbooks, housing weakened and exports were squeezed by the weak U.S. economy.



French for Federal Government Employees

Are you a federal government employee or do you want to be one? La Cité collégiale's Corporate Training Centre can help you attain your language training objectives.

PFL2 Method

• September 21 to December 16, 2010, Tuesday and Thursday or choose intensive Saturdays Beginner 1 | Beginner 2 | Intermediate 1 | Intermediate 2 | Advanced

Preparation for SLE

• September 20 to December 20, 2010, Monday and Wednesday or choose intensive Saturdays Level B – Writing | Level B – Oral | Level C – Oral

For information:
Daniel Cardinal
613 742-2483 ext 2763
dcardi@lacitec.on.ca
www.lacitec.on.ca/french_feds.htm



ELECTRIC AVENUE



Current electricity grid not helping

Shifting car-charging time into lower-use periods is one idea to deal with the supply issue, but someone has to figure out just how to go about it.

Ryerson's Ravi Seethapathy said Toronto is a good example of another urban problem: Most of its power is generated many miles from where it's used, and there are choke-points in the wires bringing power into the city.

city.

"Ideally, renewable energy should be put in the city," he said, but most of it is being generated in "moose pasture" and still

Natural gas?

Seethapathy said there's no reason why more appliances, including air conditioners, couldn't run on natural gas. Geothermal energy has also been neglected in urban setting, he said.

has to be carried long distances to market.

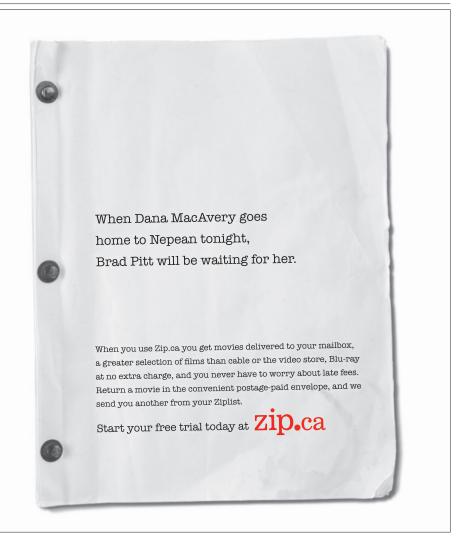
And even if more power is generated within the city, he said in an interview, the system isn't currently wired to handle it.



TAKE CONTROL OF YOUR FUTURE!

Full Range of Academic Courses
English as a Second Language
Cooperative education and Apprenticeship
Hairstyling and Aesthics
Hospitality and Tourism

300 Rochester St. • 613.239.2707 www.adulths.ocdsb.ca





Crime prompts police to close **Alberta motel**

Drugs and prostitution commonplace at Edmonton business • An elderly woman will be allowed to remain



the last three decades, room service has taken on a whole new meaning at the Beverly Motel, and yesterday the east Edmonton business got a wake-up call.

The Beverly Motel became the first motel in the country to be shut down by a Safer Communities Neighbourhoods (SCAN) police unit.

"For at least the last 30 years, the community sur-rounding this motel has

"At this time we have no other motels or hotels that we've got complaints on in the city of **Edmonton** and in the northern part of the province." SGT. CHIP SAWCHUK

witnessed numerous complaints of drugs, drug trafficking and prostitution, all within this hotel and the surrounding area," said Alberta Law Enforcement Response Team's Sgt.

Sawchuk, acting Chip manager of the province's SCAN unit. "They're going to have to bring the motel up to the standards required."

According to Sawchuk, since 1996 police have re-sponded to almost 800 complaints at the Beverly — so last June, the SCAN unit started an investigation.

The owners were issued a warning letter but did not comply.

Now, the motel has to remain shut for 30 days while the conditions set out by the community safety order are met.

Board clears itself over Tory fundraiser

The board of a federal Crown corporation studied the conduct of its own directors after they attended a Conservative fundraiser and then quietly decided this summer they had not breached internal rules that specifically prohibit political participation.
Two of the five mem-

bers of the board of the Jacques Cartier and Champlain Bridge Inc. attended a Tory fundraiser featuring Prime Minister Stephen Harper in May 2009 in Montreal, The Canadian Press first reported a year

Board president Paul Kefalas and director Serge Martel were at the \$150-aticket event, which was also attended by several executives from engineering firms that would shortly thereafter bid on a multimillion-dollar



tract on Montreal's Champlain Bridge. The contract was awarded just a few months later

Liberal ethics critic Marlene Jennings called the process undertaken by the bridge corporation unac-ceptable in an era where most public agencies have oversight bodies to review ethics issues.

THE CANADIAN PRESS

Ethics

The corporation refused to make available its code of ethics, which The

Canadian Press later obtained through Access to Information Political activities The

- code, which each board member is supposed to read and sign upon appointment, contains a specific section on political activities.
- Code directives "A director must not at any time participate in activities of political parties. He must not ... take part in fundraisers, manage a campaign, nor conduct a personal campaign," the code reads. "A director must not participate in political meetings of any kind whatsoever."

Users urge Facebook not to use coal power

Greenpeace says about 500.000 Facebook users have urged the world's largest social network to abandon plans to buy electricity from a coal-based energy company for its new data centre.

Greenpeace executive director Kumi Naidoo has said he sent a letter to Facebook founder Mark Zuckerberg saying the network is "out of touch" with its 500 million users and with the trend among information.

THE ASSOCIATED PRESS

Brazil says trafficking victims welcome

Brazil is telling the victims of human trafficking gangs that they're welcome to come back home. The government said yesterday it is preparing a guide to aid the return of those lured into prostitution abroad.

The announcement came a day after Spain broke up a ring that used dozens of Brazilian men to work as prostitutes, giving them Viagra, cocaine and other stimulant drugs so they could be available for Sex. THE ASSOCIATED PRESS

Hurricane **Earl likely** to hit N.S.: **Feds**

Environment Canada has increased the odds that hurricane Earl will make landfall somewhere in western Nova Scotia on Saturday morning, churning out powerful winds gusting as high as 140 kilometres per hour.

Chris Fogarty, program supervisor of the Canadian Hurricane Centre, says there's a 50 per cent chance the storm will come ashore, probably in the Yarmouth area, as a Category 1 hurricane. THE CANADIAN PRESS



Judge caught in sex scandal may be found unfit

▶ Judge opted to be removed from bench while review is being done ◆ Will remain in administrative capacity

Can a judge continue to sit on the bench after it comes to light she was photographed in raunchy, sexually explicit poses that her husband posted to a porn website?

The Canadian Judicial Council is grappling with that question as it considers the case of Lori Douglas, an associate chief justice in Manitoba's Court of Queen's Bench, who this week saw public disclosure of her sexual activity from seven years ago — two years before she was appointed to the bench.

The complaint involves a man named Alexander Chapman, who alleges that Douglas' husband, lawyer



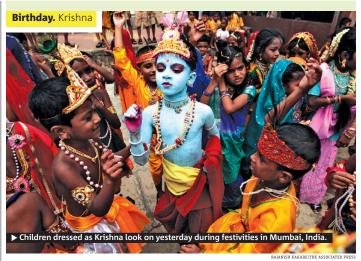
Jack King, showed him sexually explicit photos of Douglas in 2003 and tried to convince him to have sex with her.

At the time, Douglas and

King were lawyers at the same firm, and King had handled Chapman's divorce, said King's lawyer Bill Gange. King was suffering from depression, Gange said, and was acting without his wife's knowledge.

But the photos spread far beyond the couple's home. Chapman told the CBC this week some of the pictures depicted Douglas in bondage and were posted on a pornographic website. Gange has said Douglas did not know the pictures were being posted online by her husband.

Some legal experts think the explicit material means Douglas cannot continue as a judge. THE CANADIAN PRESS



A birthday celebration fit for a god

The festival Janmashtami, which always falls between mid-August and mid-September, marks the birth of the Hindu god Krishna.

17A jury found the Boy Scouts negligent for allowing a former assistant scoutmaster to associate with Scouts after he admitted that he had molested 17 boys.

Scout suit settled

Six men who alleged they were sexually abused by an Oregon Boy Scouts leader in the 1980s have settled their lawsuits against the group's national organization for undisclosed amounts, the plaintiffs' attorney said yesterday. THE ASSOCIATED PRESS





lews in brief



East bracing for hurricane

NAGS HEAD, N.C. Hurricane Earl steamed toward the Eastern Seaboard yesterday as communities from North Carolina to New England kept a close eye on the forecast.

Even a slight shift in the storm's predicted offshore track could put millions of people in the most densely populated part of the United States in harm's way.

THE ASSOCIATED PRESS

Rosary beads saved him?

NEW YORK. Thomas Magill, 22, plunged 39 storeys from the roof of a New

York apartment building, but survived with broken legs after crashing onto a parked car.

The car's owner said he's convinced rosary beads he kept inside the car saved Magill's life. THE ASSOCIATED PRESS

Watched porn, crashed his rig

BATAVIA, N.Y. An Ohio truck driver whose laptop computer was streaming pornography when his rig hit a disabled car on the New York State Thruway has been sentenced to threeto-nine years in iail for killing the other driver. THE ASSOCIATED PRESS

Jail sex 'show' hits 3 guards

KAMLOOPS, B.C. Three jail guards who police are investigating for watching on a video monitor while two women had sex in a cell have been suspended from their jobs. Four Mounties are also being investigated THE CANADIAN PRESS

One halal burger with fries, please

French food chain bets the store on growing Muslim market Some say the move will stop integration

The bacon is gone from the bacon burgers, replaced by smoked turkey.

At a fast food restaurant outside Paris, France, a new certificate on the wall proclaims its beef comes from cows slaughtered in line with Islamic law.

Yesterday, popular French fast food chain Quick started serving halal-only food in 22 of its French outlets, targeting France's large Muslim population, an underexploited market that has long been ignored by big business.

Quick says sales doubled at restaurants that have tested the concept. Politicians left and right

have attacked the move. Some ask why halal food should be foisted on the general population.

Others worry Quick will promote segregation of the Muslim community instead of acceptance.

France argues integration is the only option for minorities

Perhaps a bit strangely.

What's cooking?

Quick predicts a great future for halal business in France.

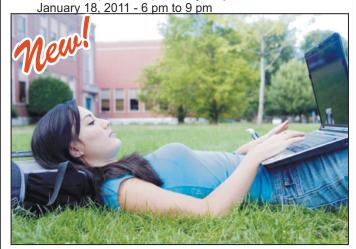
- The future: A French study last year estimated the market for halal food is growing by 15 per cent a year. In France, an estimated 5 million of of the 63 million population is believed to be Muslim.
- The compromise: Quick savs it is working on a pre-cooked non-halal burger that will be stored in a wrapper so it doesn't contaminate the halal offerings. Quick expects sales to be minimal.
- The competitor: Kentucky Fried Chicken says it has served halal chicken in its French outlets for 19 years. But it has been left out of the burger debate.



FRENCH CREDIT COURSES FOR HIGH SCHOOL STUDENTS

3 hours in class and 3 hours online weekly

Level: 1/2 (Grade 9) Wednesday, September 8, 2010 to January 19, 2011 - 6 pm to 9 pm Level: 3/4 (Grade 10)Tuesday, September 7, 2010 to



Please register by September 3, 2010

A minimum of twelve (12) students is required for each class. We reserve the right to cancel courses if this requirement is not met.

Éducation Permanente

181, Donald St. Ottawa **Tel:** 613-741-2304 Ext.3

Fax: 613-741-2191





www.educationpermanente.ca

FRENCH, ENGLISH as a SECOND LANGUAGE

the chain launched its ha-

lal-only burger restaurants

in the middle of Ramadan,

Muslims fast from dawn to

dusk. Quick says the date

was purely a coincidence.

THE ASSOCIATED PRESS

month when devout

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

Evenings: 6 pm to 9 pm (9 Levels) Saturdays: 9am to noon (6 Levels)

September 27 to December 18, 2010

ENGLISH AS A SECOND LANGUAGE (5 LEVELS) September 27 to December 18, 2010

- FULL TIME -

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

September 7 to October 1, 2010

Level 1 and 3 - 9 am to noon; Level 2 and 4 - 12:30 pm to 3:30 pm

October 12 to November 5, 2010

Level 1 and 3 - 12:30 pm to 3:30 pm; Level 2 and 4 - 9 am to noon

FEES: \$30.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente 181, rue Donald, Ottawa Tel. 613-741-2304 ext. 3 Fax 613-741-2191





www.educationpermanente.ca

LANCÔME

TIME FOR YOUR

Exclusively at Sears

Choose 6 items from the best of Lancôme and get your signature bag and companion A value up to \$189* It's all yours, with any Lancôme purchase

of \$34 or more[†].

Also available online at www.sears.ca/lancome

NEW



NEW RÉNERGIE LIFT VOLUMETRY VOLUMETRIC LIFTING AND RESHAPING CREAM.



S ON LANCÔME PRODUCTS



- GET \$10 IN POINTS WHEN YOU SPEND \$50
- COMPLIMENTARY MAKEOVER
- MINIMUM PURCHASE OF \$34† IN LANCÔME PRODUCTS

*Value based on Sears reg. price per mL/g. †Lancôme gift with purchase of any Lancôme product of \$34 or more, before taxes, until September 17, 2010. One gift per customer, while supplies last. Cannot be combined with any other promotion. Maximum of 3 skincare items per customer. All 6 Lancôme products chosen for the gift must be different.

**Points offer valid September 2 to 6, 2010. Earn 20 points per \$1 spent at Sears. Point calculation is based on the standard earning of 1 base point per \$1 spent on every transaction. Some exclusions apply. OFFER AVAILABLE UNTIL FRI., SEPT. 17, 2010, WHILE QUANTITIES LAST



Man shot after overtaking TV network's HQ

○ Suspect told NBC he built explosives himself **○** None of the 1,900 people who work in building were hurt

A man who railed against the Discovery Channel's environmental programming for years burst into the company's headquarters in Maryland with at least one explosive device strapped to his body yesterday and took three people hostage at gunpoint before police shot him to death, officials

The hostages — two Discovery Communications employees and a security — were unhurt after the four-hour standoff. Montgomery County police Chief Thomas Manger said tactical officers moved in after officers monitoring James J. Lee on security cameras saw him pull out a



handgun and point it at a hostage.

An explosive device on the gunman's body detonated when police shot him, Manger said. Police were trying to determine whether two boxes and two backpacks the gunman had

also contained explosives. A law enforcement official speaking on condition of anonymity because the investigation was ongoing said officials had identified Lee as the likely suspect.

NBC News reported that after its producers called Discovery's general num-ber, a man identifying himself as James J. Lee got on the phone and said he had a gun and several bombs.

"I have several bombs strapped to my body ready to go off. I have a device that if I drop it, if I drop it, it will ... explode," the man told NBC. THE ASSOCIATED PRESS



Suicide bombers kill 25 in Pakistan

Three suicide bombs ripped through a Shiite Muslim religious procession in the eastern Pakistani city of Lahore yesterday, killing 25 people and wounding about 150 others, officials said.

58 The California game wardens recovered 58 kilograms of processed marijuana in the arrest.

Wrong truck, dude

California wildlife officials say two men are in custody after marijuana growers

mistook a truck belonging to game wardens for their suppliers'. THE ASSOCIATED PRESS



EARN MORE WITH A CANADIAN TIRE SAVINGS ACCOUNT

For 90 days on a new Canadian Tire Tax Free™ High Interest Savings account*

For 90 days on a new Canadian Tire High Interest Savinas® account

LIMITED TIME OFFER

Call 1-866-606-2837 or visit **myctfs.com/metro** for more details

- The Canadian Tire High Interest Savings® account (HISA) and the Canadian Tire Tax FreeTi account (Tax Free HISA) are provided by and issued by Canadian Tire Bank, a member of Canada Deposit Insurance Corporation (CDIC). The HISA and Tax Free HISA are hereinafter referred to as "the Account". Products are not currently available for residents of Quebec.
- Your Account will earn a special interest rate of 2.50% (if the Account is a HISA) or 3.50% (if the Account is a Tax Free HISA) which consists of the regular variable rate of interest for the Account of 1.50% for the HISA and 2.50% for the Tax Free HISA, as of August 1, 2010 (and is subject to change) plus the bonus interest rate of 1.00% per annum. The bonus rate applies only (i) to a customer's first Account (including Joint Accounts, where applicable) provided your first borns the applies only in 10 customer's instruction introduring Join accounts, where applications provided your inst deposit is made on or after August 1, 2010, and before November 15, 2010, existing and previous customers are not eligible, and (ii) to balances up to and including \$100,000 for 90 days starting on the day of the first deposit into the Account. If the Account is closed before the end of a calendar month or before the 90th day of the offer period, you will forfiel the borus interest that accrued from the beginning of the particular month in which the Account was closed. On all credit balances after those 90 days, and on any credit balances over \$100,000 during those 90 days, only the regular variable rate of interest then in effect for this type of account would apply. This offer ends November 15, 2010 and may be changed, extended or withdrawn without notice. Interest is paid monthly and is calculated daily based on the daily closing balance. Rates subject to change without notice. Additional terms and conditions apply.
- The trademarks of Canadian Tire Corporation, Limited are used under licence.



Fast Track French

Learn French in a French Environment

The New Fast Track French program offers:

- · intensive 6 week (45-hour) classes.
- · blended learning modules comprised of 27 hours of online training and 18 hours of in-class conversation.
- · levels from beginner through advanced.
- · adults who wish to learn French as a second language an opportunity to learn French in a French environment.

Starting the week of September 21st Cost per level: \$372.45

Register now!

For more information, contact: Michele Hill: mhill@lacitec.on.ca or 613 742-2483, ext. 2823 or visit: www.lacitecollegiale.com/ formationcontinue.htm

Placement test: When: September 1st or September 8th Where: room D3130 (Building D, 3rd floor)







2010 CHEVROLET **COBALT LT**

CLEARANCE PRICING

\$14,385°



INCLUDES FREIGHT, PDI, FEES & \$7,000 CASH CREDIT*

Well equipped with Air & Automatic • Power Windows, Locks & Mirrors • Remote Keyless Entry System • 16-in. Aluminum Wheels • 4-Wheel ABS and more.







2010 CHEVROLET **MALIBULS**

CLEARANCE PRICING



INCLUDES FREIGHT, PDI, FEES & \$1,000 CASH CREDIT*







2010 CHEVROLET **SILVERADO EXT. CAB 4WD CHEYENNE EDITION**

CLEARANCE PRICING



INCLUDES FREIGHT, PDI, FEES & \$8,000 CASH CREDIT*





ASK ABOUT

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE

IN ADDITIONAL CASH INCENTIVES.

IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride

Summerhill



visit: ontariochevroletdealers.com



THE BEST COVERAGE IN CANADA 5 YEARS - POWERTRAIN COMPONENT LIMITED WARRANTY 160,000 KM² - COUNTEST TRANSPORTATION



VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.

Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$599 for Dealer fees.***



ADVERTISING

Rogers, Warner in video link

Rogers Media will partner with Warner Music Canada to sell ads around Warner's music video content across a variety of platforms. Rogers Digital Media said it will exclusively represent Warner Music Canada's music video content, including Warner's online video distribution channels.

The partnership "will enable Rogers Digital Media to offer even more premium video content to advertisers," said senior VP Claude Galipeau.

STANDING UP FOR OTTAWA WORKING FOR YOU Paul Dewar MP Ottawa Centre

Tel: 613.946.8682 Fax: 613.946.8680 Email: dewarp@parl.gc.ca www.pauldewar.ca

Has Jobs buttoned up another iPod winner?

• Apple chief's new Nano has a touch screen, but no buttons

Apple Inc. CEO Steve Jobs announced a new line of iPods yesterday, including a Nano model that has a touch screen and lacks buttons.

Like previous versions, the Nano has a built-in FM tuner and can display photos

But instead of buttons, controls for playing, pausing and selecting music are right on the screen.

It will cost \$149 US for the 8 gigabyte version and \$179 for 16 gigabytes.

Canadians will be able to buy the new products announced by Apple but as usual, they'll cost a little more north of the border.

In a refresh to the iPod Touch, Apple is adding video-chat features similar to the newest iPhone.

It has a front-facing camera for conducting



video chats with other iPod Touch and iPhone users over Wi-Fi using Apple's FaceTime program.

A camera on the back can be used for taking snapshots and recording video. Prices range from \$229 to \$399. Jobs also introduced a new iPod Shuffle, the lowest-end music player in Apple's line.

THE ASSOCIATED PRESS

Part-time Studies

304-1306 Wellington Street

Ottawa, ON, K1Y 3B2

ALGONQUIN

New!

Occupational Safety and Health: Fire Code Administration

Learn about fire protection, fire safety and the National Fire Code at Algonquin College this fall.

This certificate offered through Part-time Studies will teach you how to:

- Create fire safety plans
- Test safety equipment
- Inspect a building
- · Inspect alarm systems and emergency lighting
- Handle combustible products and dangerous goods

Registration is open.

Call 613-727-0002 to register.

Professionally communicate your findings and recommendations

And you can do it in five courses.

Questions?

Contact Program Coordinator Shannon Brownrigg at 613-727-4723 ext. 7208 or Shannon.Brownrigg@algonquincollege.com





NEWSPAPERS: NOT JUST FOR READING

He says ...

IOHN MAZEROLLE



It does my heart good to know the newspaper industry will survive tough times as long as people keep having moving days.

ou might not read this column, but some day my head shot will be protecting your wine glasses. I'm just happy to be making a differ-

This is moving season, of course. Yesterday was the most popular moving day of the year, according to the article wrapped around my dinner plates. And I

Moving is an event that teach-

es you important things. Lesson No. 1: One moral I take away when I change addresses is that - write this down - I'm a

filthy liar. I always tell people that I own next to nothing and I have even come to believe it.

Yet, when I pack I find myself stand ing next to a stack of boxes that brings to mind the final shot of Raiders Of The Lost Ark.

Like most North Americans, I have become so adept at accumulating crap that I don't even notice.

I get confused because I use so little of it. For instance, my kitchen is filled

with at least a dozen mysterious cooking utensils. They might also be sex toys or CIA weapons of death. I have no idea what they

do, so I can't be sure.

"This is moving

season, of

course. Yesterday

was the most

popular moving

day of the year,

according to the

article wrapped

around my

dinner plates.

And I took part."

Lesson No. 2: Getting friends to help you move is harder than

convincing people to go on suicide missions. I should get anybody who agrees to record a chilling on-camera message.

"I commit to this glorious move in the name of the Heineken I have been promised, blessings be upon it."

And because it's so hard to convince people to help I always

respond with a disproportionate amount of gratefulness, as if they had offered me a kidney.

Lesson No. 3: Being a bachelor

has its advantages. I know people who pack everything carefully, categorize the contents, and mark where the box is to be placed, down to the Google Map co-ordinates. Adding eight hours to the packing process makes it 'easier.

I just put everything into boxes as quickly as possible. No point writing, "Kitchen, southwest corner" when the box contains a Tupperware bowl, a plug that belongs to something, three golf balls and a bag of microwave popcorn.

I was careful, however, to pack with as much newspaper as possible. I believe in the future of



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon



Iron Age gems unearthed

Worth mentioning

Archaeologists in Jordan have unearthed a 3,000year-old Iron Age temple with a trove of figurines of ancient deities and circular clay vessels used for religious rituals, officials said yesterday.

The head of the Jordan-

ian Antiquities Department, Ziad al-Saad, said the sanctuary dates to the eighth century BC and was discovered at Khirbat 'Ataroz, some 32 kilometres southwest of the capital Amman.

He said the complex boasts a main room that measures 388 square feet, as well as two antechambers and an open courtyard. The sanctuary and its artifacts — hewn



from limestone and basalt or moulded from clay and bronze - show the complex religious rituals of Jordan's ancient biblical , Moabite kingdom, according to al-Saad.

The Moabites, whose kingdom ran along present-day Jordan's moun tainous eastern shore of the Dead Sea, were closely related to the Israelites, although the two were in frequent conflict. The Babylonians eventually conquered the Moabites in

Archaeologists also unearthed some 300 pots, figurines of deities and sacred vessels used for worship at the site. Al-Saad said it was rare to discover so many Iron Age items in one place. THE ASSOCIATED PRESS

What is your quirkiest habit?

Email ottawaletters @metronews.ca **Twitter** @metroottawa

Metro has the right to edit letters and submissions.

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024 Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca Distribution: bernie.horton@metronews.ca Publisher Bill McDonald, Managing Editor Tracey Tong, Sales Manager Dara Mottahed, Distribution Manager Bernie

TONY BLAIR'S MEMOIRS

(POP-UP VERSION)

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

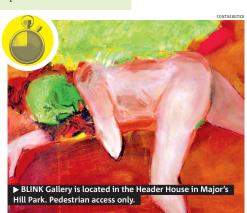
Metro Minute at the BLINK Gallery

Check out Tami Galili Ellis' paintings at BLINK Gallery in Major's Hill Park today through Sunday. The artist, who uses colourful paintings to explore the significance of modern angels in her exhibit, Elements, will be on site to meet the public answer questions and talk about her new paint-

Hebrew mythology nourished the Israel-born Canadian artist's imagination. She recently became a grant recipient of the Ontario Art Council for the emerging artist in 2010.

In the series, the artist reaches back to a time before modernity to explore what the archetypal figure of the angel may still mean

TRACEY TONG





In brief

scene



Shia LaBeouf is apparently a smart bet for studios. The Transformers star has topped Forbes magazine's new Hollywood's best "bang for your buck" actors. For every dollar LaBeouf has made, his employers have earned an average of \$81, according to the magazine, Anne Hathaway came in at No. 2, helping studios earn \$64 for each dollar they pay her, and Daniel Radcliffe was No. 3, with \$61 per dollar for the studio.



METRO

D of The Stig, driver on Brit show Top Gear, is unveiled after court refuses injunction.



Justin Long really goes the distance

Actor opens up about working with former girlfriend Drew BarrymoreAnd the joy of improvising many of the scenes in latest comedy



For Going the Distance, Justin Long took on two new tasks: Starring in a romantic comedy and acting alongside former girlfriend Drew Barrymore.

How was working with Drew? Amazing. She's so smart and funny. It's daunting because she's so accomplished, specifically within this genre of movies. This is really my first lead role in a romantic movie like this, and I couldn't have asked for a better partner.

Was there anything you were nervous about going into it with her?

I knew her very well, but when you don't know somebody in a professional capacity, you don't know what's going to come out. I'm proud to report that she was lovely with everyone.

Were you daunted by the amount of improvisation in the movie?

I'm really comfortable doing improv. It's something I've been doing since I started. I would say about 50 per cent of the movie was improvised.

While promoting the movie,

you and co-stars Jason Sudeikis and Charlie Day appeared on WCW's Monday Night Raw, right?

Yeah. In no way am I being self-deprecating when I say that was a disaster. It was not the audience to be promoting a movie like that to. We were so out of place. They're all fired up to see guys pummeling each other, not to see three nerdy comedy guys do some bits.

So, what to do?

We asked Long how he handled such an awkward situation and here's what he said:

"You just commit to it as best you can. We were in LA at the Staples Center and the only time we really had the audience on our side was when we were praising the Lakers. Before that I think the (they) were contemplating throwing things at us."

Clooney, Paltrow among stars in cancer telethon

George Clooney, Will Smith and Gwyneth Paltrow will join an impressive list of stars taking part in September's Stand Up to Cancer telethon airing on major networks.

Other celebrities announced yesterday include Denzel Washington, Renee Zellweger, Kathy Bates and Richard Branson.

Performers will include Green Day's Billie Joe Armstrong, Neil Diamond, The Edge, Herbie Hancock, Lady Antebellum and Leona Lewis as well as previously announced Queen Latifah, Martina McBride and Stevie Wonder.

Clooney, in particular, is a fundraising heavyweight. At Sunday's Emmy Awards, he accepted the Bob Hope Humanitarian Award for efforts on behalf of victims of this year's earthquake in Haiti, the 2004 tsunami in Indonesia



and the Sept. 11 attacks.

Stand Up to Cancer is aimed at raising money to speed up innovative cancer research, according to Spiderman movie producer Laura Ziskin — herself a cancer survivor and cofounder of the Stand Up to Cancer group.

The telethon is returning after the 2008 event helped deliver more than \$100 million for research.

THE ASSOCIATED PRESS

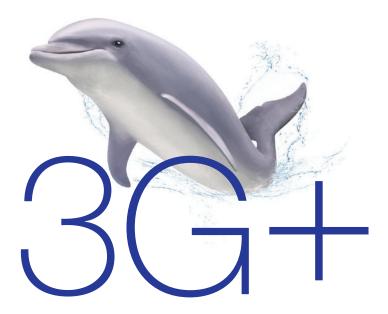
The simulcast

Aside from ABC, CBS, Fox and NBC, these cable chanels will also simulcast the event from 8 p.m. to 9 p.m. on Sept. 10:

Bio, Discovery Health, E!, G4, HBO, HBO Latino, MLB Network, mun2, Showtime and Smithsonian Channe. 5 Steps to a Smarter Smartphone Life

2. Never compromise

by dropping to an inferior network when you can stay connected to Ontario's biggest* and fastest* mobile network.





HTC Desire™ Personalize 7 home screens for at-a-glance info that's important

\$79.99 | \$449.99

3 year term No term **SAVE \$370**

HUAWEI E182E Blazing-fast download speeds - up to 21.1 Mbps.**

\$0 \$149.99 2 year term No term

SAVE \$149.99

With 93% of the Canadian population^{*} covered, you can enjoy a faster connection in more places. Plus, easily roam in over 200 countries.

telusmobility.com



For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966. Walmart > '<

→ FUTURE SHOP

TELUS STORES & AUTHORIZED DEALERS

Ottawa Ottawa Office Tower Bayshore Shopping Centre Billings Bridge Shopping Centre Carleton Place (525 McNeely Ave.) Carlingwood Shopping Centre Chapman Mills Marketplace Rideau Shopping Centre St. Laurent Shopping Centre 10 - 100 Trainyards, Bldg. C

2950 Bank St. 1568 Merivale Rd. 530 Montreal Rd. 118 Holland Ave. 424 Catherine St.

Brockville 2211 Parkdale Ave Cornwall Cornwall Square 2130 Vincent Massey Dr. Hawkesbury 321 Main St. E Kanata Kanata Centrum Walk

Kingston Cataraqui Town Centre 646 Norris Crt. 764 Gardiners Rd. 131 Princess St.

129 RioCan Ave. 39 Robertson Rd. Orléans

Pembroke Pembroke Mall Place d'Orléans

2 - 4312 Innes Rd. Perth 2062 St-Joseph Blvd 106 Gore St. E Stittsville

BLACK§

Phone availability and prices may vary. Order fulfillment is based on product availability. The price indicates total after term contract credit. Prices are subject to change without notice. *Based on geographic coverage and population covered, using Rogers' public disclosure of HSPA+ network coverage for June 2010 and associated mapping information. *Based on TELUS' tests of data throughput speeds in large Canadian urban centres available from national HSPA+ service providers. Internet tactess speed provided by the network operator may vary due to the device being used, network congestion, distance from the cell site, local conditions and other factors. Speed on the internet is beyond the wireless network operator southol and may vary with your configuration, Internet traffic we keeps the speeds of \$1.1 Mpps and upload speeds of \$1.1 Mpps and upload aspects of \$1.1 Mpps. Typical device download speeds for More 1 to 6 Mbps. Actual speeds are dependent upon a variety of factors, including (but not filminet) the diversione applications, returnets the filming that of the provision of the speed of \$1.1 Mpps and upload speeds of \$1.1 Mpps and upload speeds of \$1.1 Mpps and upload speeds of \$1.1 Mpps. Typical device of the option of the option of the speed of \$1.1 Mpps and upload speeds of \$1.1 Mpps and upload speeds

Album reviews

Get the single *** | Borrow it 🕮 | Don't bother

Disturbed stavs safe with new offering

Disturbed Album: Asylum Label: Reprise

One step forward, two steps back. Few people haven't felt this ages-old adage apply to their lives. It represents one's frustrated sentiments when efforts to prevail are thwarted by our own inherent tendencies bringing us back to square one. Unsurprisingly, such is the case with Chicago-based heavy rockers Disturbed on fifth outing Asylum.

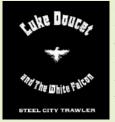
They claim the album endeavours to expand outside their stifling box of prefabricated basic riffs swarming around sugary, radio-friendly vocals and production values equivalent to bathing in perfume · overkill, as it were. However, the album's 13 tracks are just that: yet



another bout of affectation encasing reality. In essence, that means a lot of posturing under the "We're an angry metal band," banner while their inherent "We're a predictable pop band with crunchy guitars," basic instincts unavoidably consumes the affair. Abounding in overtly predictable, uninspired Neanderthal-ish chug riffs supporting undeniably catchy vocals, rock-bynumbers songs such as The Infection, Serpentine and a borderline rap/metal title track struggle to seem avant-garde but remain decidedly lowest common denominator. One gets the impression

that while Disturbed paid lip-service to some sort of stylistic advancement with Asylum, the real axiom should read: "It ain't broke, so Disturbed didn't fix it."

Outstanding track: Sacrifice MEITH CARMAN



Luke Doucet and the White Falcon

Album: Steel City Trawler Label: Six Shooter/Warner

Luke Doucet's new home in the Hammer seems to suit his gritty guitar style well. With the help of Sloan's Andrew Scott as producer, Doucet delivers an enjoyable and compelling

rock record with undisguised nods to Neil Young, Keith Richard and Tom Petty. The upbeat fun of opening track Monkeys gives way to the tightening noose of The Ballad of Ian Curtis and a rocked-up cover of the Gordon Lightfoot classic Sundown. Outstanding track: Hey Now GRAHAM ROCKINGHAM



Jenny and Johnny Album: Surfing the Void Label: Warner Bros.

The name of both the artist and album frankly indicates what real-life sweethearts Jenny Lewis (Rilo Kiley) and Johnathan Rice set out to achieve on this collaboration. Not unlike the likeminded yet platonic duo of She & Him. they smile their way through an album full of starry-eyed duets that touch on various styles like AM gold, sunny surf pop, 90s college rock and even a bit of shoegaze.

Outstanding track: Big Wave CAM LINDSAY



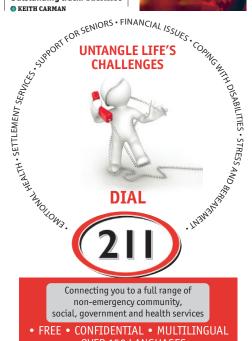
Land of Talk Album: Cloak and Cipher Label: Saddle Creek When Land of Talk released their debut EP in

2006 many thought the

trio would be the next big indie break out band. That hasn't happened yet, and it probably won't with their latest, but that's not to say it isn't any good. soft indie pop disc, but does explode in a number of parts. The record is encapsulated in the song Swift Coin. It moves like a tune (the band toured with BSS, and their sound has clearly rubbed off). Outstanding track: Swift

The new disc is a relatively Broken Social Social Scene

BRYAN BORZYKOWSKI



• OVER 150 LANGUAGES www.211ontario.ca





Jersey girls turn nasty

REALITY. There's more drama brewing in the Jersey Shore house - but

yo, what else would you expect, bro? Two roommates look to hook up, while a heated argument turns into a full blown catfight. (MTV)

Mental mysteries

BRAINY. The Secrets of Your Mind: Why We Do What We Do miniseries continues with the third of four instalments, exploring the science behind the human brain.

This week, the focus is on medical emergencies involving the brain, including what happens when someone loses the part of their brain that controls their memories. (ABC)

THE CANADIAN PRESS

Camp Rock 2's home advantage

On the Ontario set of the sequel to Disney mega-hit Camp Rock, a Canadian cast member gave teen fan favourites the Jonas Brothers and Demi Lovato a lesson in Canuck cuisine.

'I got all the Americans to eat grilled cheese with ketchup. That's my thing," says actress Jasmine Richards, 20, an Oakville, Ont. native.

She says she showed U.S. cast members the joys of junk food exclusively available north of the border, like all-dressed and ketchup

flavoured chips. "That's how I rep Canada. I let them know that we have the good stuff," she says laughing.

Richards stars as Peggy, a friend of Lovato's character in the much-anticipated Camp Rock 2: The Final Jam which airs Friday on Family Channel.

The second movie follows a similar formula to the successful High School Musical series and features more song and dance numbers than the first Camp

This time around, the teens must save Camp Rock from financial doom after a slick new big-budget rival music camp moves into town.

Other Canadian cast members include Jordan Francis, Daniel Kash and British-born Canadian resident Daniel Fathers.

trained Richards, a dancer, knows that starring in a sequel to a successful Disney musical can lead to more roles and worldwide stardom, but she says she prefers the normalcy of Canada to the glittery lights of Los Angeles.

"Canada is my home. it's quiet here, I like it."

Richards was able to stick close to home for the Camp Rock shoot, which took place in the Toronto area and the Muskoka region north of the city.

And, she claims to have an advantage over her U.S. co-stars — experience with Canadian insects.

"Most of the (cast mem-

bers) are from L.A. so when you come to Canada, you're going to deal with our mosquitoes and our blackflies and all of that stuff so they were not really liking the bugs or the bees," she says.

Richards, who also starred as Margaret in the Family Channel show Naturally, Sadie, says she is a normal kid, who does chores, cleans the kitty litter, and goes shopping at discount department stores. She still can't believe she gets fan mail from all over the world.

"Some of them will be from like Poland, and everywhere, and I'm like: 'Really? I have fans in Poland?!," she says. THE CANADIAN PRES

FINAL JAN ve ▶ Jasmine Richards is from Oakville, Ont.

You have to laugh or cry

From interventions to murder, Margaret Cho can somehow find the funny side
Now she's putting it to music, with some Canadian help

Margaret Cho combines comedy with music on her new album to address some sombre topics: rejection, interventions and even mur-

Cho Dependent, which the comedian describes as "jokes written in song form but with incredible artists," came together with the help of musicians including Ben Lee and Fiona Apple.

Folk rocker Andrew Bird helped with a song about a former love interest turned murderer, an "honest-to-

"The worst things, the most tragic stuff in life can actually, strangely be hilarious" God murder ballad" that Cho said is based on her life. For 17 years, she said, she carried a torch for a man. She lost touch with him and eventually looked him up online and was shocked to find he'd been convicted of murdering his wife.

"He bludgeoned her to death and left her in the attic of their house until her body had partially mummified," she said. "So, it's a good thing we didn't hook up," the comedian added.

up," the comedian added.
Writing a song about
such horrific events was
cathartic, Cho said.

"The worst things, the most tragic stuff in life can actually, strangely be hilarious," she said.

Cho has released seven comedy albums but Cho

Dependent is the first where she sings.

The album also features an intervention put to music with Canadian rock band Tegan and Sara.

Its lyrics include, "Welcome to your intervention. We need some of your attention. You've got a problem we must mention."

Cho Dependent was re-

leased last week. Next, the comedian will appear on the 11th season of ABC's Dancing with the Stars, set to premiere Sept. 20.

THE ASSOCIATED PRESS



Jennifer Esposito becomes a Blue Blood

Jennifer Esposito is joining the force. CBS said yesterday that

CBS said yesterday that Esposito will guest star on several episodes of Blue Bloods, a new drama about a family with deep roots in law enforcement.

The series' ensemble cast includes Tom Selleck, Donnie Wahlberg and Bridget Moynahan. Esposito will be featured in several episodes as Wahlberg's partner in the New York Police Department.

Esposito's TV credits include Rescue Me and Samantha Who? She is



scheduled to appear on Blue Bloods around mid-October.

Blue Bloods debuts Sept. 24 at 10 p.m. Eastern. The drama's creators are Mitchell Burgess and Robin Green, who have worked on shows including The Sopranos and Northern Exposure.

Awards honour late John Wayne and son

Actor Patrick Wayne is being honoured later this year by a western Pennsylvania museum dedicated to actor Jimmy Stewart.

At an Oct. 23 ceremony Wayne will receive one of the museum's Harvey Awards for himself and another for his late father, western movie star John Wayne.

The James M. Stewart Museum Foundation is based in Stewart's hometown, Indiana, Pa., about 45 miles northeast of Pittsburgh

Patrick Wayne

Harvey Award

The award is named for the 1950 film in which James Stewart befriends an invisible rabbit.

appeared in the movie Shenandoah with Stewart. His father appeared in The Man Who Shot Liberty Valance and The Shootist with Stewart.

Past Harvey Award winners include June Allyson, Janet Leigh, Shirley Jones, Ernest Borgnine and Rich Little. THE ASSOCIATED PRESS

WELCOME TO THE FUTURE OF TV. **ROGERS ON DEMAND CHANNEL 100** ROGERS **ROGERS** ON DEMAND **ONLINE** Watch your favourite movies and TV shows whenever you want! Simply go to Channel 100 to access our user-friendly interface. Now you can enjoy your favourite TV shows wherever' your computer goes. It's easy to use, and just like on your TV, it's ready when you are. rogersondemand.com ROGERS ON DEMAND INCLUDED WITH THE **DIGITAL TV & INTERNET BUNDLE** /MONTH FOR 6 MONTHS² a savings 💲 /MONTH³ Go to rogers.com/futureoftv or

1. Rogers On Demand Online anywhere with Internet connection in Canada. 2. Taxes apply. Must sign up for online billing. Free installation. Offer available for a limited time and is subject to change without notice. Offer available to new Rogers Cable customers only who sign up for a 1-year term for both Digital VIP and Internet Express. Early Cancellation Fee applies if one of the services is dropped before end of term. Internet Express G Modem rental fee, Internet Activation Fee and monthly Digital Service Fee, waived for first omothis. Regular monthly rates apply after promotional period. Digital Box purchase and/or rental fee not included in offer price. CRTC Local Programming Improvement Fund (LPIF) Fee also applies, corresponding to 1.5% of your recurring TV monthly service fees. 3. Savings based on \$20/mo for VIP and \$10.50/mo for Internet Express.

**Rogers & Mobius design are trademarks of or used under license by Rogers Communications Inc. or an affiliate. All other brand names & logos are trademarks of their respective owners. © 2010 Rogers Communications.

call 1877 903-1556 and switch today.

ROGERS

Ont. premier has yet to catch Bieber fever

• McGuinty joins Twitter, but does not follow province's biggest star

newhie Twitter Dalton McGuinty hasn't caught the Bieber fever.

Ontario's premier, who joined the social network this week, says he doesn't follow the Canadian pop phenom's Twitter feed

McGuinty jokes he's actually hoping Bieber will follow his Tweets first.

The premier has just over 1,700 followers, while the Ontario-born teen superstar has almost five mil-

McGuinty, who's earned the nickname Premier Dad for his "Father Knows Best" approach to governing, appears to be trying to reach out to younger voters through his sudden embrace of Twitter.

So far, he's used the account to promote government news releases, talk about full-day kindergarten and link to a photo of his family on a recent canoe Trid THE CANADIAN PRESS



Vegas clubs may bar Paris

With her recent arrest for drug possession dogging her, Paris Hilton may soon find herself banned from many of the Las Vegas nightclubs that used to pay her to hang out, sources tell Hollyscoop.

"No club located inside a casino is going to want to glamorize the fact that she's been allegedly caught with drugs three times in the last four months," a source says.

"If Paris ends up serv-

ing time, I highly doubt you'll see her get another club appearance in Vegas for a long long time." Hilton reportedly has been paid up to \$75,000 per appearance at clubs in the past.

METRO



Celebrity tweets



Kanye West [Akanye west] I could never be 'just'

her friend cause as your friend I would want you to be with a guy like me even if it wasn't me but I don't know another me.



Jonathon Ross [@wossy] My house is filled with

young people playing quite horrible music. Not squatters btw. They'd have better taste in choons I think



Silver-

@SarahKSil-

verman] Hi

man



fellas! Just so u know, hair gel, fake tans& gym-muscles are a turnoff to women of substance.





Who wears the pants?

▶ Women's fashion putting a stamp on trousers this season — one that's all their own ▶ Industry big wigs expect menswear styles to continue invasion of women's lines

Menswear details, including blazers, vests and button-downs. have been invading women's fashion trends for a while. Now comes the most obvious of all for fall: pants.

Dresses had been dominant for several seasons – there is appeal in an effortless uniform, after all but pants are powerful, utilitarian and versatile, and that seems to be what women are craving this style cycle.

"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much," says Simon

Bridge the Gap

Pants Gap's new blackpant collection is a reaction to consumer demand, says Lexi Tawes, vice-president of women's merchandising. People want a pair of pants that can be worn all week.

Kneen, creative director at Banana Republic.

"We see pants as the next 'it' item," agrees Colin Dyne, CEO of William Rast. "The categories we're focused on for fall and going into spring are chinos, cargos, pants that utilize silk blends and other fabri"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much

SIMON KNEEN, CREATIVE DIRECTOR AT BANANA REPUBLIC

And that's what's new about pants this go-around: Pretty much any-thing goes. There's not a specific skinny silhouette that's the must-have, nor a tailored trouser. The runwavs - and now the racks have wide legs and narrow ones, high waists and low. They are all, however, relatable, not kooky concoctions meant only for the catwalk.

"There's a return to the idea of a flattering pant,

says Mark Holgate, Vogue's fashion news director. "We were knee deep, no pun intended, in the world of crazy pants ... and then happened was women wore leggings. But now the trend is coming back like the 1990s — a wonderful Helmut Lang pant that's boyish and womanly, that could be worn with a jacket shirt, evening top, heel, flat or

He also sees a nod to the

'70s, which Holgate calls

"the great years of pants." Susan Cernek, Glamour's senior online fashion and beauty editor, says she recently was flipping through a book of Yves Saint Laurent's archival work and had to do a triple take at the date. "There was a 1974 runwav look. but it looks like so many looks from the runway this year. It was worn with a bow blouse, loose jacket and tailored trousers.

Its projects strength, Cernek says, "not because they are borrowed from the boys but because you have to be committed to this look. You literally suit up from head to toe

THE ASSOCIATED PRESS

life



Problems with dark circles under your eyes? Maybe you're getting worried about those fine lines and wrinkles? Cover FX has launched EyePrepFX Antiage Smoothing Primer to nourish, moisturize and rejuvenate the area around the eye. The formula includes Haloxyl, an anti-aging ingredient, and Eyeliss, which helps reduce puffiness. It goes for \$43 for a 20 ml tube METRO





5 Bonus Air Miles® on the purchase of Black Tower® Rivaner 750mL.

Enjoy it with salsa chicken wraps with mango or lime and ginger pork stir fry.

easy ends the day...

Product #336503. Limited Time Offer. August 15 - September 11, 2010 at participating LCBO stores. Subject to change without notice. Please enjoy our products responsibly

MEET THE TIRELESS

The go-to-stylist on her clothing line, reality TV show and celeb status





Most stylists are under-theradar creatures who, if they work hard enough, might enjoy a certain amount of fame in the fashion blogosphere. If they're really popular, they might even get the occasional interview in a glossy magazine.

Rachel Zoe, on the other hand, has a celebrity status that has grown to Hollywood-size proportions complete with a team of handlers that rivals that of her A-list clients.

If you've watched her reality show, The Rachel Zoe Project, regularly, there's not much about the stylist's quest to turn herself into a lifestyle brand that you don't already know.

When did you attend your first fashion show?

I remember crashing a

Marc Jacobs show. I was an assistant and I was determined to go. I was waiting in the standing line, which was a mile long. I remember Patrick McMullan (the famous New York social circuit photographer) actually found me outside and goes, "Who are you?" And I was like," Who are YOU?" He took my picture. He was like, "I think I'm going to be taking pictures of you for a long time." He got me into the show and I ended up getting a seat. It was the greatest show ever.

Now that you're doing so much more than styling, how do you determine which fashion weeks to go to?

I don't generally like to miss Paris. But this past season, there was no physical way for me to do Paris and Oscar week. So I went to Milan instead. Of course I could always go on Style.com and see the show, but a lot of the designers are my friends.

So I really try to go to support them as well. I never miss Oscar de la Renta, Marc Jacobs, Chanel, and Calvin Klein for instance.

So do you actually consider your show a way for viewers to see how fashion works? The goal for the show is to educate the audience. In the case of the fashion weeks, it's for them to see

how each city is glamorous

in its own way. Could you ever see yourself leaving styling and not attending fashion

weeks altogether? I'm not going to lie, it's hard doing it all. But at the same time, it's also an adrenaline rush. I'm tired because I'm constantly thinking about 20 things. A big premiere, awards season, a collection for QVC, filming my show, going to the fashion shows. And I also have my Web site. But at the end of the

day, it's my name on the door. I have to be extremely hands on. About a year ago, I thought I would segue

out





\$150 to bring your number over. Don't make you ask us twice.

Bring your number to WIND by Sept.15, 2010 and get a \$150 credit. The credit is applied to your account in 6 monthly installments starting Sept. 23, 2010.

rebate

Right now, get a \$20 rebate on ANY WIND phone plus an extra \$20 rebate on a Huawei U7519.











WINDmobile.ca 1-877-WIND-403

Carlingwood Shopping Centre

St. Laurent Shopping Centre

415 Hazeldean Rd.

183 Rideau St.

1309 Carling Ave.





AND CONDITIONS APPLY TO ALL CREDITS, OFFERS, AND REBATES. LEARN MORE AT WINDMOBILE.CA.

HONE REBATE AVAILABLE UNTIL SEPT. 15, 2010. HUAWEI UTS19 REBATE AVAILABLE WHILE OUANTITIES LAST. WIND and WIND MOBILE are trademarks of Wind Telecore

Writesia Manageant Corporation. Cold OWIND Mobile back-Baryle, Pillab, Research In Microry, SuerFiyers, SuerPiess* and related trademarks, names and logos are the prop

All trademarks are property of their respective owners. BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. © 2010 Blockbuster Inc. All rights reserved.

RACHEL ZOE

In this age of street style blogs, do you think that celebs influence the way people dress as much as say,

five years ago?

I think fashion and celebrities are constantly feeding off of one another. Celebrities influence fashion and vice versa.

Several years back, you were at the center of the size zero debate in Hollywood when people blamed you for

celebrities like Lindsay Lohan and Nicole Richie looking very thin. Considering how much negative press you received, were you hesitant to do a reality show?

It was this very, very strange thing back in 2006 when that happened. At first, I was like, "Are they kidding?" These incredible women that I worked with at the time were like, "We've been going through this for years." But whatever; what they think is what they think. When I was deciding to do

thought that this would be more material for people to hate me or make fun of me. I didn't know what would happen. To me the show was another part of my job and another part of developing my brand. And when people watched it they began to realize, 'Oh my God, she's actually really nice. She treats her team so well. She's been married to the same person for the last 12 years.' People got a chance to see me as me. Who you see on the show is exactly who I am for better or for worse I'm not this cold fashion person.

What is it about weight and size that gets people so worked up?

The world is obsessed with it. It's a part of our culture. The cleanses and detoxes and weight loss products are on the TVs and in the magazines. It's all a big thing. I don't think the debate is going away anytime soon.

ZOE'S FASHION MANTRAS

Words to dress by

"Don't be scared to be overdressed. What's the worst case scenario? You're the best dressed in the room."

"Don't be afraid to acccesorize. An outfit is nothing without accessories."

The Ottawa Wedding Show! Salon & Mariage d'Ottawa © Lansdowne Park September 11 & 12 Saturday & Sunday 10-5 Ottawa's top wedding suppliers Fashion Shows 12:30 & 3:30 Wedding Planning Seminars 11:30 & 2:30 Super Gown Sale

OttawaWeddingShow.com

• Prizes, freebies

& more!

NOT JUST A CLUB, IT'S THE CLUB.

IOIN CLUB METRO TODAY! CLUBMETRO.COM



Choix de 2 sessions d'information.
7 septembre à 13h ou le 15 septembre à 17h local G2140

Le domaine de la construction

Le domaine de la construction vous intéresse?

Le programme Accès aux métiers de la construction pour les immigrants est pour vous! (PAMCI)

Plomberie | maçonnerie | électricité et chauffage | ventilation et climatisation | charpenterie et menuiserie | revêtement de sol | finition de toiture | quincaillerie | vocabulaire canadien de la construction

La Cité collégiale offre aux immigrants un programme adapté, visant à aider les personnes formées à l'étranger dans des métiers de la construction en leur offrant des cours pratiques et théoriques liés à certains métiers spécialisés.

Hâtez-vous! Les cours débutent le 20 septembre 2010.

613 742-2475



Le gouvernement de l'Ontario reçoit un appui du gouvernement du Canada pour certains programmes de formation.





NE091G310 © 2010. Sears Canada Inc



Soothing oasis at home

Simple steps can turn bathroom into a sanctuary • Start with a clean slate and add accessories

There's nothing like some me-time in a luxurious spa after a long day. And it takes just a little effort to transform your own bathroom into just such a place, an oasis in which to relax and rejuvenate.

Some simple fixes and inexpensive accessories can do the trick, designers

Begin With A Clean Slate

"Rooms feel calmer without clutter. So before doing anything else, clear off surfaces, walls and floors," says New York City designer Eve Robinson. "And while you're at it, toss out anything past its prime or that you really don't want or need.'

Robinson favours light colour palettes — seafoam green and white, for instance — and uses very few accessories, perhaps "simple black-and-white photographs of ocean waves for a sense of relaxation and comfort."

She adores the classic spa feel of terry cloth, and suggests "crisp, white towand bath mats to brighten and freshen a bathroom." Robinson also likes upholstering stools on wheels with terry to provide seating or space to pile extra towels. Often, she embroiders them with such words as "splish" and "splash."

While Dallas designer John Phifer Marrs is equally keen on soft hues, Sometimes the most relaxing baths are no-colour," he says. For one client, he used varying shades of white and offwhite, and added some baroque sconces and a neoclassical, tole-topped table for elegance and oomph. As with many furnishings, he says, "You can often replicate such hightions and flea-market finds."

Scents And Sounds

The right music can make a difference, according to Los Angeles-based designer Molly Luetkemey-Get the smallest iPod dock possible," she says. "Make a play list of music that helps you unwind, or download some ambient nature sounds waves, a bubbling brook, forest breezes. Turn it on when you enter the room and almost immediately you'll feel more serene."

One of her favourite parts about visiting spas is "being enveloped by delicious aromas," not only essential oils and bubble bath, but "candles that make you go 'ahh."

"Try short, chubby ones along the bathtub rim, several candlesticks grouped together or a candelabrum and be sure to dim the lights before stepping into the tub," she says.

Pay attention to the little things: Luetkemeyer alhas a pretty container of matches near her candles. And getting back to good smells, she counsels, "Push the spent end of the wick into the warm wax to extinguish the candle. If you blow it out, the beautiful aroma will be covered by a smoky

Island Breezes

Alex Jordan, co-president of the Chicago design Jordan Gregga Smieszny, likes to create an island mood with accessories that exude a "tropical feel." Among them are teak flooring ("Buy tiles online, much less expensive,") and, "if the room is well-ventilated, a large, hanging, paper light fix-ture a la Noguchi," he says.

"Glass garden work well, too." lanterns

Two other easy tricks he uses to bring the outside in: Cover the walls in grass cloth. Or either paint a trellis on one or more walls, or mount a real one.

On a smaller scale, but as effective, would be to re-place the linen-closet door latticework. course," Jordan adds with a laugh, "that means you have to keep the contents

Don't limit yourself to the bath sections of stores, Jordan advises: "Broaden your vision. Investigate stores' living-room departments and boutiques carrying foreign products."

Think about glass cylinders filled with seashells and river rocks, wood receptacles for makeup and hair brushes, baskets for

rolled towels. cleaning

chute cloth for the shower

looks like it would gently rustle in an ocean breeze.



Spa Tips

Several other items that can complete a home spa:

- An inflatable, terry-clothcovered pillow for the tub. (Some contain built-in neck massagers.)
- Book holders. (Also handy for a glass of wine or pitcher of water pepped up with lemon slices.)
- A big, round, "rainforest" showerhead.
- A detachable device that turns the tub into a whirlpool bath.







Special Government & **Corporate Rates**



Downtown Ottawa

- 250 Spacious Suites
- Hi-speed Internet,
- Indoor Pool
- Whirlpool, Sauna
- · Fitness Room
- Deluxe Banquet Rooms Business Suites

180 Cooper Street T: 613-236-5000 F: 613-238-3842

For Reservations: 1-800-236-8399

Located between the Rideau Canal and trendy Elgin Street

Ikea furniture catalogue marks 60th anniversary

• Looking back at old catalogues provides not only a history of trends, but also a mirror of society • Launching social network for interior design

to the



This week the 2011 Ikea catalogue hits the shelves at the retail giant's stores worldwide. The furniture catalogue celebrates its 60th anniversary in Sweden, and Ikea is also launching a social network for interior design and an application for the iPhone.

Maria Perers, curator at Nordiska museet (Sweden's main museum for cultural history) said: "This year's catalogue has a glass-door cabinet on the cover. It is interesting because we nowadays share everything about ourselves on Facebook and in blogs. So, it is a natural thing that we also display some of our most personal things in our homes."

A look back at old Ikea catalogues is not only a history of interior trends,

"It's not just about design, it really says something about how society has developed, about technology, and the attitude to the environment."

but also a mirror of society. In the early '60s the first TV-furniture appears, in 1989 the first home computer and in the '90s recycling became a big

not just about design, it really says something about oped, about technology, and the attitude

"It is interesting because the catalogue is used as historical inspi-

ration for people who work in movie design. That is why Ikea's ver-sion about how life used to be lived easily lives



Evolution of a shopping icon

1951: "This is the first furniture catalogue from Ikea. Earlier they had been selling everything from nylon stockings to pens. The cover is very modern and they use the word ultramodern. But even though their thing was cheap furniture they sold copies of more exclusive

1960: "Here the TV is shown as a pair of glass-es. TV came to Sweden in 1956 but now it has broken through on a wide scale Here Ikea is for the first time teaching us how to arrange our furniture around the TV and we started doing it. This is how the living room will look for decades to come.'

1970: "The first cover showing a person, sitting on a sofa. Inside the catalogue there are pictures of young girls lounging in some kind of laidback sofa. The teenagers are slouching and the parents are appalled and it is clear that there is a more free, post-'60s lifestyle that is shown, where you don't sit up straight."

1985: "Here it is clear that the catalogue is meant to be more luxurious and more exclusive. The white frame has been borrowed from international fashion magazines and the '80s is displayed as the 'yuppie era. All books have white covers and there is a focus on storage and everything is perfectly arranged. But nothing happens in the homes."



1989: "This year is very interesting because the first home computer appears in the catalogue. Furniture for home offices appear soon afterwards. But this shows what an excellent mirror to society the Ikea catalogue is. You can see exactly when things like the computer and the microwave came into our



2000: "Now it becomes clear how important it is for Ikea to appeal to different lifestyles. On one page in the catalogue there is a gay couple in a kitchen, and the year before there is a page devoted to how a single dad can arrange his bachelor pad so his daughter could stay every other week. It is very in tune with the times." MARIA PERERS

Canlo Strome Imc. Your Natural Stone Headquarters









With over 25 years experience, our dedicated staff will help you create your own natural paradise.

- UNILOCK® PAVERS
- NATURAL STONE PRODUCTS
- BOULDERS, DECORATIVE STONE
- PISA RETAINING WALL SYSTEMS
- STONE DUST, SAND
- GRANULAR A, TOPSOIL
- STONE CUTTING
- ROLL-OFF BOX RENTALS

VISIT OUR INDOOR SHOWROOM AND OUTDOOR DISPLAY AT 950 MOODIE DRIVE 2 KMS SOUTH OF HUNT CLUB ROAD





Making a splash

Simple, affordable ways to update your bathroom

HOMES IN STYLE

HEATHER BUCHAN

Updating your bathroom doesn't necessitate breaking the bank or enduring aggravating renovations. In fact, injecting new life and style into one of the most used rooms in your house just takes a few easy

Margot Austin, senior design editor at Style at Home, says the first task at hand is to declutter: "Yes, this means getting rid of

all those bottles of potions with little bits left in them as well as dried up nail polish, etc." Clearing off the surface of your counter instantly cleans up the look of the room and creates a very Zen ambiance.

Next, Austin advises replacing worn towels with a new set as well as a luxurious bath mat. Towels in an understated print add interest to the room and if your walls are neutral, opt for colourful towels to add some punch. "Get the very best quality towels you can

afford," she says.

Third, install new faucets and lighting for a quick and easy upgrade.

are achievable DIY projects that made a huge difference," adds Austin.

She says the one bathroom accessory that provides the biggest impact is a shower curtain. "There are so many fun prints available now," explains Austin. "I'm also a big fan of the custom shower curtain — it's an affordable indulgence."

As for items that should no longer be seen in any bathroom, Austin says the offenders worst are builder-grade towel bars and soap dishes plastered into place. It's time for these to go.





613 592 2425

recreation rooms

With over 90 years of building experience

Designs feature great rooms with gas fireplaces, luxurious

Design Studio Bonus available

ensuites and plans with finished



613 831 6255

· Finished basements

Smart, modern floor plan layouts and designs

Double car garages in every home

· Full stone and brick fronts available

. ENERGY STAR® qualified homes

• From 2085-3105 square feet



Executive towns

- Combines tradition with innovation and quality
- Outstanding craftsmanship for over 25 years
- ENERGY STAR® available
- Recreation room and gas fireplace standard
- Special Bonus offer



SALES CENTRE & MODEL HOMES

Cope Dr. off Eagleson Rd., Kanata

Mon. to Thurs. 1:00 pm - 8:00 pm Fri., Sat., Sun. & Holidays 12:00 noon – 5:00 pm

A Smart Community

E. & O. E. Specifications and prices subject to change without notice.





delicious.

your 365-day forecast:

Hanging this Lillholmen glass shelf above your toilet and placing a plant or resting a photo or art livens up an empty wall; ikea.ca.

2 CANADIAN TIRE, \$99.99

Showcase pretty toiletries in this dark chocolate-coloured Home Collection Hotel Cabinet with decorative hardware in polished nickel finish; 16"x7"x 21"; canadiantire.ca.

3 CANADIAN TIRE, \$79.99

This Madison Bathroom Linen Tower in a durable chrome finish provides practical storage space with a sleek luxe look; canadiantire.ca.

\$14.99

The Dalskar bath faucet with strainer provides a clean and classic design to any sink without breaking the bank; ikea.ca.

5 IKEA, \$14.99

This Fryken box with lid is an affordable and stylish way to store everyday items like cotton balls and q-tips on your counter: ikea.ca.

mega c

Beach

Owning a Resort Cottage has never been so easy!



Create a lifetime of memories when you own a Resort Cottage at McCreary's Beach. With facilities and activities for the whole family, our Family Fun Zone which includes a health club indoor pool, hot tub and squash court, McCreary's Beach is the perfect spot to call "Your Ultimate Family Resort on the Lake". Imagine a maintenance free cottage that allows you time to spend with family and friends.

McCreary's Beach Resort Cottage come complete with

- Up to 3 Bedrooms
 - Large Decks
- Fully Furnished
- Central A/C
- Beautifully Decorated

All Appliances

- · 4 Piece Bath
- Optional Sunrooms

Packages range from \$39,900 to \$89,900

*Plus applicable taxes and fees. Financing available O.A.C.





Visit us now at www.McCrearysBeach.com

or call 1.877.814.4141

Special finance rates brough to you by Royal Bank & BMO





OPEN HOUSE THIS WEEKEND!

Only 60 minutes from Ottawa.

RESORT COTTAGE

Everyone has a favourite memory of spending summers at the cottage. The parks seemed like a good option, cottage experience is as Canadian as peameal bacon or real maple syrup and season, I just couldn't get the picture of least once in their life.

So here I go looking into the options I have to share the cottage experiences I more I thought about cottage ownerhad with my children. What are the options and how can I afford them? ship the more I realized it would mean two houses to maintain and the whole As I looked into cottages I found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a

long week at work would be great. What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his and they got a little place with an out

grand nowadays was a pop-up tent trailer that we would need to tow around to campgrounds. Camping on the lake but it's not a little trailer wasn't going to be an option anyway as campground either. They call them my wife's idea of roughing it was a hotel "Resort Cottages" or "Park Model

without room service. Although RV activities for the kids, secure in the off

should be experienced by everyone at trailer park boys out of my head. least once in their life. The cottages I liked seemed to cost as much as my home if not more. The idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relax-ing. I could afford a "Fractional Ownership" type cottage with maintenance fees. I could justify the fees as they do all the work, but one hundred thousand for something I could only use for 4 or 5 three brothers chipped in five thousand weeks wasn't the answer either, besides we can only play so many games of house on Chandos Lake up near Apsley, crazy eights before the kids would get Ontario. All I could find for twenty bored.

Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a Homes". Just imagine a small cottage beautifully decorated for only \$59,900 to \$129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only \$39,900. It turns out that RV's (recreational ve-

hicles) come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are up scale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dances. McCreary's Beach Resort on Mississippi Lake was the perfect spot for me and my family. Only 60 minutes from Ottawa with great fishing and loads of activities. McCreary's Beach is one of the best lake front properties I have come across and some of the best family resorts we have ever seen. They made owning a "Cottage" easy and cost effective...without a

If you are in the market for a cottage or cottage alternative contact my friends at McCreary's Beach Resort

catch.

1-877-814-4141 or just visit their web site www.mccrearysbeach.com

vitaminwater.

developed to replenish and rehydrate the body.

Best fish 'n' chips in town?

LUNCH RUSH





I've been on a quest for

'n' chips in Ottawa. I have tried a few restaurants and am still looking for perfection. But the fish 'n' chips at Merivale Fish Market come close. They weren't too greasy, were crispy when cut into, and the halibut

▶ Fish 'n' Chips (\$14.95).

wasn't fishy but fresh and

On the side, the fries were okay, but not as crispy as a fry fiend demands. The coleslaw was impressive. It wasn't too sharp from the vinegar but was balanced

with its dressing.

We enjoyed a lunch on the patio on one of our nice warm summer days. Although the ambiance of Merivale isn't like the sea, it will do for a quick work lunch.

One question: Do you eat the fish with your fingers or a fork and knife? In mixed company, I'll politely use a knife and fork to eat my deep-fried fish, but if no one's looking, it tastes better eaten out of hand.

"We enjoyed a lunch on the patio, although Merivale isn't like the sea, it will do for a quick work lunch."

Merivale Fish Market

- 1480 Merivale Rd.
- 613-723-2476
- Hours of operation: Mon. - Wed. (11:00 a.m. – 8:00 p.m.), Thu. – Sat. (11:00 a.m. - 9:00 p.m.), Sun. (4:00p.m. – 8:00 p.m.)
- Rating: ****
- Price range: \$\$
- Reservations: Yes Client negotiations: Yes
- Lunch with co-workers: Yes
- Social lunch: Yes
- Quick solo lunch: Yes
- Time in: 12:05 p.m.
- Time out: 12:45 p.m. Total time: 40 minutes
- Low \$: Haddock 'n' Fries (\$10.95)
- High \$: Steak (\$18.95) Licensed: Yes





www.TnTsupermarket.com

Canadian gives Venus a scare

• Rebecca Marino takes American star to the limit in their first set

Canadian qualifier Rebecca Marino was left with mixed emotions after turning heads at the U.S. Open yesterday, giving American Venus Williams all she could handle in the first set before suc-cumbing 7-6 (3), 6-3 to the third seed.

"It's a little disappointing but also exciting," said the 19-year-old from Vancouver. "I was super excited with the way I was able to go toe-to-toe with her.

"I'm just really happy with how I've done here. It's exceeded my expectations. I guess I can say I'm proud of myself."

Williams struggled early on a steamy, windy day before reeling off the last six points of a tiebreaker against the 179th-ranked Marino.

"Seemed like every time I had an opening she would hit a big serve Williams said of the first set. "So I guess I know what it's like now playing myself.

"I was very impressed. She's got a good future ahead of her."

Marino had a 3-1 lead in the tiebreaker before Williams buckled down. The two-time U.S. Open champion responded with a cross-court backhand winner. followed by a forehand winner to get going and reach the third round at Flushing Meadows.

"To lose that was disap-

Player hurt

Victoria Azarenka collapsed and had to be taken off the court in a wheelchair yesterday, an accident that resulted from a concussion she endured after falling and hitting her head while warming up for her U.S. Open match.

pointing," said Marino. She's a very experienced

"She definitely upped the level there.

Marino hit eights aces to Williams' four and notched 27 winners, three more than her bigname opponent. But she also made 23 unforced errors, almost double Williams' 12.

Marino was pleased when told of the compliments Williams gave her after the match.

"It's great when you "It's great when you hear another player compliment you like that," she said. "It definitely tells me I belong here.
"I would like to play

high-level matches like

The six-foot Marino earned her first Grand Slam main draw victory Tuesday by defeating Russian Ksenia Pervak 6-4, 4-6, 7-5.

The Canadian's career money earnings coming into the Open were \$78,309 US, compared to \$27.3 million for Williams. THE CANADIAN PRESS



Loss to New Zealand dashes Canada's hopes

Canada will make an early exit from the world basketball championship after stumbling to a fourth straight loss yesterday.

71-61 loss to New Zealand dropped the Canadians to the bottom of Group D with an 0-4 record. With no chance to move into the top two, Canada won't advance to the knockout round.

Canada closes out group play today against defendJevohn Shepherd of **Toronto led the Cana**dians with 15 points yesterday while Levon Kendall of Vancouver added seven rebounds.

ing champion Spain.

The Canadians also lost to Lebanon, Lithuania and France earlier in the tourna-

"I feel like the last few games have taken a toll," Canadian coach Leo Rautins said. "It's like we were running in quicksand."

Canada was without one of its key players for part of the tournament as Andy Rautins, the son of Leo and one of only two NBA players on the roster, battled a bruised knee.

THE CANADIAN PRESS

Sports in brief Kovalchuk deal gets more time

NHL. The NHL is taking a bit more time to decide whether it will approve Ilya Kovalchuk's latest contract with the New Jersey Devils.

The league and NHL Players' Association announced yesterday that the deadline for a ruling has been extended to 5 p.m. ET tomorrow.

The Devils are seeking approval on a \$100million US, 15-year CONTRACT. THE ASSOCIATED PRESS

Canada may help out TFC

soccer. Canadian coach Stephen Hart says he will likely excuse three Toronto FC players from the national team's soccer friendly against Honduras in Montreal next Tuesday.

Dwayne De Rosario, Julian de Guzman and Nana Attakora are expected to see action for Canada in Saturday's game against Peru. THE CANADIAN PRESS



Sports in brief



Usain Bolt said American sprint rival Tyson Gay "probably just hates my guts" because he has been so dominant.

Canadian tennis player Aleksandra Wozniak is taking the rest of the year off so she can recover from an injured forearm.

Manny Ramirez had a bloop sin-gle in his debut for the White Sox, a 6-4 win over Cleveland. THE ASSOCIATED PRESS



Scan code for sports

Dreaming big: Titans' Johnson has larger goals

● Tennessee running back sets sights on second straight 2,000-yard season and Dickerson's record

The ink starts at Chris Johnson's neck, with wings tattooed just above his collarbone, reminding the world that he is the NFL's most recent member of the very rare club of 2,000-yard rushers. The Tennessee running back also has "Cause IM A Star" perched just above a red star in the middle of his chest.

Dream big, then run faster than anyone else in the NFL. Johnson used that combination to rush his way to NFL Offensive Player of the Year in 2009, becoming only the sixth man in league history to run for at least 2,000 yards.

He's back for his third season with goals set even higher than a year ago: Run right past Eric Dickerson's NFL rushing record of 2,105 yards all the way to 2,500.

That would make him the first ever to run for 2,000 yards twice in a career with the added twist of doing it back-toback. Dickerson didn't do it. Neither did Barry Sanders, Jamal Lewis, O.J. Simpson or Terrell Davis.

Johnson calls it his chip on his shoulder.

"It gives me something to look forward to. People might be like, 'Oh, you run for 2,000 yards so he's content,' or whatever like that. I haven't broken the record, so I still have something on my shoulder and something to work hard for," Johnson said.

THE ASSOCIATED PRESS



NFI.

Union looks into rookie trades

The NFL players' union is looking into whether trades made by four teams this week are attempts to avoid paying money into a rookie pool.

A source requesting anonymity said yester-

day the NFL Players Association is reviewing trades made by the Washington Redskins, St. Louis Rams, Philadelphia Eagles and Arizona Cardinals.

The trades have the union's attention because, under collective bargaining rules, if a drafted rookie is cut by the team that drafted him, that team is required to pay 85 per cent of that player's salary into a rookie

pool.
THE ASSOCIATED PRESS

Raiders deny interest in QB Leinart

The Oakland Raiders have plenty of roster moves they need to make before the start of the season.

Apparently, trading for Matt Leinart isn't one of them.

The Raiders denied a report from ESPN yesterday that said the team has had discussions about trading with Arizona for

THE ASSOCIATED PRESS

Just in the Labour





metr⊕

metronews.ca THURSDAY, SEPTEMBER 2, 2010



Reds launch new version of **Cuban missile**

Cincy reliever clocked two pitches at 102 m.p.h. in debut Pitch takes third of a second to reach plate

left-hander Sometimes. Aroldis Chapman can't help but peek. A murmur

through the crowd when one of his express-lane fastballs smacks the catcher's mitt and the estimated speed is shown in triple digits on the ball-park scoreboard. The 22year-old Cuban hears the commotion and can't help but sneak a glance to see what big number has

popped up. Once in a while, I take a look and, yeah, I get sur-prised and really happy to see what it is," Chapman said.

From now on, scoreboard watching will take on a little different meaning every time he lets one fly.

Chapman made his big league debut with the NL Central-leading Cincin-nati Reds Tuesday night and pitched a perfect inAt triple-A Louisville, Chapman hit 104 and 105 m.p.h. on the radar board, turning his fastball into an urban legend even before he arrived in the majors.

ning. He threw eight pitches, half of them reaching at least 100 m.p.h. on the Great American Ball Park board Two of them clocked in at 102.

Fans love the big numbers - the crowd roared every time one popped up during the 8-4 win over Milwaukee. But is there more to it than just the allure?

Sure is.

Just ask a hitter. "The old adage is that speed kills, and it does," Hall of Famer Joe Morgan

said vesterday.

"Guys who throw hard are the most successful because there's an intimidation factor in there, too.
If a guy throws real hard
and the ball gets there
quick, there is a slight
fear factor."

A Louisville Slugger researcher pointed out yesterday that it takes little more than one-third of a second for a ball to travel the approximately 17 metres to the plate once it leaves Chapman's hand at more than 100 miles per hour. That leaves a batter little time to make up his mind and start to swing.

Better not blink

"The speed bothers you because you have to rush your swing," Morgan said. "And the other (pitches) bother you because once you rush and something else happens, you've got to adjust to that.'

THE ASSOCIATED PRESS

Pacquiao still wants bout with Mayweather

Manny Pacquiao and his wanted the exact same thing that boxing fans everywhere wanted: Floyd Mayweather Jr.

They got Antonio Margarito instead.

Pacquiao and Roach said

yesterday they agreed to every demand put forward by Mayweather for what could have been the richest fight in boxing history.
But the former pound-

for-pound king chose not to accept the bout, leaving Pacquiao to look elsewhere

for a fall opponent.

He will face Margarito, the former welterweight champion, Nov. 13 at Cow-

boys Stadium. "I don't need him, he needs me," Pa said of Mayweather. Pacquiao

THE ASSOCIATED PRESS

metr@play

metronews.ca THURSDAY, SEPTEMBER 2, 2010

Crossword

Across

- 1 "— De-Lovely" 4 Scatters seeds 8 Oxen's burden
- 12 Grazing area 13 Noble gas
- 14 Five-star review
- 15 Joey, e.g.
- 17 Finished
- 18 Space
- 19 Poisonous plant
- with milky juice
- 21 Patsies 24 Atl. state
- 25 Maui memento 26 Second person
- 28 Opera's Dame Nellie
- 32 Grecian vessels 34 Use a crowbar
- 36 Timbuktu's coun try
- 37 Hardwood tree with small nuts
- 39 Retriever type, for short
- 41 A Bobbsey twin 42 Listener
- 44 Importance
- 46 Loot
- 50 Wildebeest 51 Rodgers collabora-
- 52 Finger woe 56 Advantage
- 57 Vicinity
- 58 Festive
- 59 Garden intruder
- 60 "Cheers" order 61 Away from WSW

Down

2 Afternoon social

12 13 14 15 16 17 18 19 20 21 22 25 29 30 26 27 28 32 33 35 37 39 40 38 42 43 44 45 48 49 52 54 55 56 57 60 61

3 Blood-red 4 Quick and lively 5 "— the ramparts ..." 6 Lumber

- 7 Hairnet 8 Dilemma
- 9 Volcanic outflow 10 It takes the cake
- 11 Existed 16 School of whales 20 Jewel
- 21 Organization 22 Present
- 23 Bribe
- 27 Web address 29 Tongue

30 Just so-so 31 "— She Sweet

- 33 Having an aroma 35 Deviate off course
- 38 Possessed 40 Mendicant
- 43 Curative center 45 Hostel
- 46 "That's a relief!"
- 47 Stow cargo 48 Craving
- 49 Exceptional 53 Born
- 54 Author Fleming

55 Caustic solution

➤ Yesterdav's answer

speeds that are a little scary. Leo July 23-Aug.23 Life may be easy for you at the moment but don't think you can sit back and let the good things come to you. They will, of course, but you may be left with the uneasy feeling that you should have made more of

notch or two, or more, today

and before you know it you

will be hurtling along at

My Virgo Aug. 24- Sept. 22 Remind yourself that this is your time of year and that anything is possible. What will you get? That depends on what you are prepared to put in. Make the effort and you'll be rewarded.

metr@news.ca

your talents.

For today's crossword answers and for expanded horoscopes.

tal blueprint for what you achieve when the Sun moves into your sign towards the end of the month, so keep your thoughts positive. M Scorpio Oct. 24-Nov. 22

Today's cosmic alignment will bring you into contact with the right people in the right places at the right times. After that it's up to you.

→ Sagittarius

Nov. 23-Dec. 21 You don't always play by the rules, but today, and for the remainder of the week, you must play it by the book. Think of your reputation it's the most important thing you've got.

Sudoku

				6		1	4	8
1	8		2	3			5	
						6		
			3					6
3	2		6		9		7	4
4					2			
		8						
	4			7	1		8	9
9	3	5		8				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

L	1	6	5	2	8	9	7	4	3
	3	7	9	1	6	4	5	8	2
	8	4	2	3	7	5	9	1	6
	7	2	3	5	1	8	4	6	9
	5	8	1	4	9	6	2	3	7
	6	9	4	7	2	3	1	5	8
	2	5	7	8	3	1	6	9	4
	4	3	6	9	5	2	8	7	1
	9	1	8	6	4	7	3	2	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

ScoopDog....as we drive down the road together, your velvet voiced singing is music to my parched ears. I look forward to our next Ft. Mac. sleepover!

My love Nav. thank you for giving me all the beautiful memories. The time i have spent with you was the golden time of my life and i will recall it for my entire

YOURS FOREVER, TINGER XX

Babycakes, You're on my mind every minute of every day. Happy 2, 275, 200

LOVIES, MICHELINS

Andybear, I love you from the beginning til end, no matter what! You are my aolden sunshine in my heart, Have a nice day, I love you!
YOUR GIRL FOR LIFE

ANGELA37











Today's horoscope

T Aries March 21-April 20 It may seem as if your big chance has come and gone but it isn't true, and deep down you know it. Stop looking for excuses and start making things happen.

¥ Taurus April 21-May 21 You may be in a position to tell others what to do, but if you want to get along with them in the long-term you also need to take account of what they want to do

II Gemini May 22-June 21 Your domestic situation will

improve dramatically over the next few days as the Sun in Virgo – like your own sign ruled by communications planet Mercury, helps you to express yourself.

Gancer June 22-July 22 The pace of life will move up a

go to metronews.ca

← Libra Sept. 23-Oct. 23 What you think about today and tomorrow will become the men-

PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES.

り Capricorn Dec. 22-Jan. 20 Capricorn may be conservative by nature but you are willing to take the occasional risk, so long as the odds are in your favour. Don't hold back if you get a hunch of some kind today.

There have been a lot of upheavals in your life in recent weeks and you are not out of the woods in that regard yet. Fortunately, you view it all as a learning experience, which helps you cope.

)-(Pisces Feb. 19-March 20 The Sun in your opposite sign of Virgo restricts your ability to make your own decisions, but it's really no great hardship. SALLY BROMPTON



Aquarius Jan. 21-Feb. 18



WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's



"I LOVE THIS PAPER" "This app is a great way to read Metro when on the go" – Real user review The free Metro Canada application is available on the *App Store*. Don't have an iPhone or iPod touch? Visit

App Store

m.metrenews.ca for news on the move.



JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM., C.A.C., D.A.C., B.S.C., B.P.H., D.N., D.O.

Over 30 years clinical experience & research Disposable Needlesnt. of Acupuncture Specialist - Pharmacist: Osteopath - Naturupath - Massotherapi
Former Professor at Salgon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, nnis Elbow, Fybromyalgia, Whiplash, Arthritis, Crohn's Disease. Inis Ellow, rybriding alga, wilplash, Arlintis, Crolin S blease, Insomnia, Allergic Rhinitis, **Migraine**, Asthma, Hypertension, etes, Gastritis, Chronic Fatigue, **Back Pain**, Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier 613 263 0063 • 613 276-7750

FLIGHT CENTRE Unbeatable

New Orleans Halloween, Air + 3 Nights

Holidoy Inn Superdome + taxes & fees \$126

INCLUDES central accom close to the French Quarter over Halloween. Departs Oct 29/ggv/dl.

I 866 720 4853 | flightcentre.ca

apply, Ex: Ottawa. Pockage price is per person, based on double occupancy for total length of stay. Pr. ect departure dates and are accurate and subject to availability at advertising deadline, errors and amissi and subject to change. Taxes & fee include HST and are approximate and subject to change. gg="ggoo, dl=de e address: I Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 subject to change, ggv=gog s. ONT. REG #4671384



Bare to BE the difference Join Us!

THE SKI PATROL IS LOOKING FOR NEW MEMBERS

DO YOU LIKE TO SKI OR SNOWBOARD? INTERESTED IN LEARNING FIRST AID?
YOU LIKE HELPING OTHERS? VOLUNTEER AND PAID OPPORTUNITIES AVAILABLE

Let the tell you about the best thing I ever did. I joined the Ski Patrol. As an army brat, I struggled for 5 years looking for folks to ski with. I was new to Ottawa with few skiing friends & had no idea on how to drum up some ski buddies. It wasn't until 2003 that I ran into an old friend, Chris, who had just started his Ski Patrol Training. Today, many of my close friends are patrollers & I ski close to 50 times a season. I have the chance to go on some amazing trips, skiing or otherwise – like the week I spent in Jamaica at one of those close friends' wedding.

So, what is the patrol exactly? Well, it depends on the kind of person you are. For me, it has always been about meeting new people & new experiences. For others, it's the chance to volunteer & earn credits for school or university. For others still, it's about having a great time & skiing for cheap. For the adrenaline junkies, it's about the advanced medical responder training & practice they get.

What is the Canadian Ski Patrol System (CSPS)? It is the premier safety & first aid organization serving outdoor sports & recreation in Canada. It's been around for just about 70 years. We promote safety & injury prevention on & off the hill. We are 5,500 volunteer members throughout Canada & actively patrol 225 ski areas from coast to coast. The CSPS trains patrollers in the highest possible standards of education, certification & delivery of first aid & rescue services. We patrol on alpine, telemark, & nordic skis, & snowboards.

So, to clarify - We train you. Our federally accredited, Advanced First Responder Training is the most advanced first aid training you can receive without becoming a paramedic.

INFORMATION/REGISTRATION EVENINGS

When: September 7 and 9, 2010 from 7pm to 10pm

Where: Auld Dubliner & Pour House at 42 Clarence St., in the Byward Market

The sign up process includes receipt of your first aid manual, a first aid kit, basic supplies, being sized for your uniforms, having your picture taken for your ID card and payment, which is due before the start of your training.

Online pre-registrations available and various methods of payment accepted!

While there is an annual fee to join, it's about 20% of the cost of this training. The cost benefits are numerous, including privileges at most of the CSPS hills country wide, pro-deal or discount gear through some of our great sponsors (local & national), a free uniform, & a chance to learn & practice First Aid all year long.

We also specialize in Special Events during the summer months. We may have been noticed at some of Ottawa's events this year, such as Bluesfest. And we're not done yet. We have another dozen or so events, including the Army Run, before the summer is over.

I'm proud to be a part of the Gatineau Zone, Canada's 3rd largest, with approximately 400 patrollers who serve our 10 local ski areas. Fortunately for the NCR we are some of the best patrollers in the country.

In June 2010, we brought home the Gold at the National First Aid Competition. In this competition, teams of three compete in a series of tasks that test their first aid knowledge & teamwork skills. At the same event, one of own patrollers was the recipient of the National Lifesaving Award. It's one of the most distinguished honours you can receive in the ski patrol. It recognizes the direct intervention of one or more of our members that saved a life. Our local hero, who prefers to ski under the radar, saved the life of an 11-year old girl who had sustained life threatening injuries when struck by a truck.

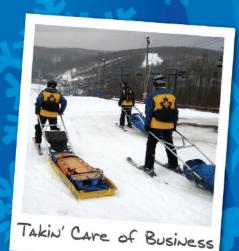
We also partner with other organizations in our community. This summer we organized our 1st annual Golf Tourney to benefit the Canadian Association of Disabled Skiers - National Capital Division, & raised over \$3,000 for their cause.

Every day, patrollers in the Ottawa-Gatineau area make a difference in the community. We are all volunteers & come from all walks of life. If you ski or snow-board, enjoy the outdoors, meeting new people, learning new skills, this is the organization for you!

Check out our website or come out and meet us at our info night on Sept. 7 & 9, 2010. Will you Dare to BE the Difference? I did, and haven't looked back

And Chris... Thank you, I still love it!

Danielle Morneault VP Marketing & Communications (avid Alpine & Telemark Skier)







Bluesfest 2010



Chillin' on the Hill

gatineauskipatrol.ca





Introducing FaceTime video calling. Smile.



